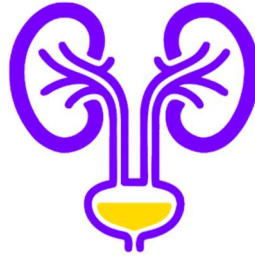


Your PQtap Instructions

What is PQtap?

It is an app to monitor the flow and volume of your pee. This data then be used by your clinician to help with your treatment.

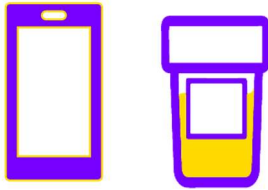


Why should I use PQtap?

It is simple and inexpensive to use but provides useful information. It gives you control of the process and the ability to see the data produced.

What do I need to get started?

All you need is a smartphone to download the PQtap app and a suitable measuring jug



What do I need to do now?



1 Download and open the app (Android or iOS) by searching for PQtap (look out for our logo). Then take some time to explore the app and become familiar with the different sections. Remember you will need to have the phone in your hand and the app open for the next stage.



2 Have your jug ready to use and in a convenient position. It is important that the measurements are shown in 50ml increments and you can see them. Pee in the jug and 'tap the app' each time you reach a 50ml marker. Simply tap to finish and always wash the jug in warm water after and dry thoroughly. **Watch the in-app video to learn more.**



3 Every time you 'tap the app' it provides useful information about your rate of flow when you pee (and of course you can measure final volume at the end).

This information is converted in the app into charts which can be used to analyse short, medium and long-term progression. These charts can be configured into various time periods and viewed by you in real-time and of course, your clinician when you require.



4 Meet regularly with your clinician to discuss the data, your treatment and progress.



Visit www.pqtap.com

If you have any questions or feedback about the app email info@pqtap.com