



PQtap

What type of jug?

You need a jug that is easy to use and one that has clearly visible measurements in 50 ml increments. This is important as you need to be able to see these increments while peeing. Please see below for some of our suggestions.

How do I use the jug?

The jug is used to measure your flow rate, so that each 50 ml is recorded in the app. The method most people use is to place the jug on a closed toilet lid, leaving your hands free for 'accuracy' and tapping the app.

Who can I contact if I have any questions?

Please email info@pqtap.com with any queries, suggestions or feedback and we will reply promptly.

[Watch the in-app video to learn more.](#)

What jug do you suggest?



This jug is a good choice as the measurements are easy to see.

[View it here:](#) Big Digit Jug



Or see the measurements from above.

[View it here:](#) OXO Angled Jug

However, many of our users prefer the 'old school' approach...



1. Choose a plastic jug which shows the measurements in 50ml increments.



2. Use simple stickers, easily purchased from the Post Office, local shop or Amazon.



3. Place the stickers on the outside of the jug at 50ml increments. This makes them much easier to see.

Top tip: Put the stickers on the inside of Sellotape and adhere to the jug. Then you will be able to see the markers inside the jug which can make visibility easier.