

FREQUENCY / VOLUME CHART

TEL: 01582 497206

Instructions on the back of this page

	1			2			3			4			5		
	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet
Time															
6 am															
7 am															
8 am															
9 am															
10 am															
11 am															
12 am															
1 pm															
2 pm															
3 pm															
4 pm															
5 pm															
6 pm															
7 pm															
8 pm															
9 pm															
10 pm															
11 pm															
12 pm															
1 am															
2 am															
3 am															
4 am															
5 am															
Total	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet

Important – Please read this carefully

It is very important that you fill in the chart overleaf as carefully as possible during the five days before you come for your bladder test or clinic appointment. It is designed to give us an idea of your average fluid intake, urine output and leakage. This assists us greatly in the diagnosis of your condition.

For each day record how much you drink (metric i.e. mls if possible) and when you drink it (put the volume in the square provided for that time). If you often drink from the same or similar sized cups, then you need only measure how much it holds once and put that value down every time you drink from it.

When you go to the toilet, measure the urine you pass using a small jug. If possible record the volume in mls rather than fluid ounces, and again record it in the box next to the nearest hour.

Every time you leak put a cross in the column marked Wet.

When you go to bed put a line on the chart next to the right time, so that we can tell how many times you have to get up at night to pass water.

If you are unable to fill the chart in properly every day of other commitments, please try to fill it in accurately for at least two days by measuring, and record the frequency of passing water and leaking by ticking the correct boxes for the remaining days.

Below is an example of a correctly completed section.

	1			In
	In	Out	Wet	
Time				
6 am		300 mls		
7 am	150 mls			
8 am				
9 am				