UROLOGY

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Urinary Frequency / Volume Chart What is a Frequency Volume Chart?

Measuring how much you drink and how much urine is passed may be a great help with coming to a diagnosis of any urinary problems you have.

This chart is designed to measure how much and of what type of fluid you are drinking and how much urine is passed and when.

How should I use the chart?

The chart should be completed over 3-5 consecutive days if possible.

To fill in the chart you will need a measuring jug to record the amount of urine in millilitres (ml). We recommend a jug capable of holding 500ml. Every time you pass urine you should note the time and use the jug and record the volume in the 'OUT' column. If you cannot record the amount (for instance because you are out at work either tick the form or write small/medium or large to indicate how much urine is passed.

Put a line across the chart at the time you go to bed so your doctor can calculate how many times you void at night.

How do I record Leaking Urine on the Form?

If you experience leakage of urine please mark the 'WET' column: + for a small amount ++ for a moderate amount +++ for a large amount

When I complete the chart what should I do?

When you have completed the chart please bring it to your next clinic appointment with your doctor. If there are any other important points please record these on separate piece of paper. An example is outlined below.

Date	712115			812115 2			912115.			/ / 4			/ / 5		
Day															
	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET
06.00	Coffee 250 m	1	1	Tea 250	1	/	coffee	1	++						
07.00	/	400	/	/	300	1/	/	1	1						
08.00	200					1112 124			100	-					

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Date	1 1		1 1			1 1			1 1			1 1			
Day	1			2			3			4			5		
	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET
06.00															
07.00															
08.00															
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