

Frequency and Volume Chart

What is a frequency and volume chart?

This is a record of your fluid intake and your urine output. This chart is an important part of preparation for your appointment with your urologist. It will provide your urologist with information that may relate to your symptoms. The chart will also help your urologist make a diagnosis and provide treatment. It is important that you complete the chart and bring it with you to your appointment.

How do I use this chart?

Please continue your normal schedule of eating/drinking and activity. This will give us a record of how much you normally drink, how much urine you make, and how often you empty your bladder on a daily basis.

Keep the chart with you and fill it out as completely as possible. Choose any 3 days to complete this chart. These do not have to be 3 consecutive days, but each day should be a 24-hour period of time. Pick days that will be easy for you to measure and record. You will want to measure your urine output each time you empty your bladder (void). To measure your urine, you can purchase a low-cost measuring cup that will be easy to carry with you. For men you can purchase a urinal at most drug stores.

Instruction on how to use the chart

1. Record separate times for voids, catheterizations, leaks and fluid intake.
2. If you use a catheter to empty your bladder, write down the volume of urine obtained.

3. Measure urine volume and fluid intake volume in either ounces or cc's (1cc = 1ml).
4. When recording a leak - please record the amount you leaked, whether you had to change your pad, your activity during the leak and your degree of urgency using the scale on the chart.
5. If you experience bladder or pelvic pain - please write down the severity of the pain with each event using the scale on the chart.

Date	Time (am/pm)	Voided urine volume (cc or ounces)	Catheterized urine volume (cc or ounces)	Amount leaked 1=drops/damp 2=wet-soaked 3=emptied bladder	Pad change? Yes/no	Activity during leak	Urgency 1=mild 2=moderate 3=severe	Sensation and/or pain 1=mild 2=moderate 3=severe	Fluid intake and type
01/01/2006	7:00 am	250 cc							
01/01/2006	7:30 am			2	Yes	Running	2	1	
01/01/2006	8:00 am								8oz tea, 4oz OJ

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