

C FREQUENCY VOLUME CHART

Enter your starting date here.....

and complete the chart for a full four days and nights

EXAMPLE OF HOW TO COMPLETE CHART					
DAY 1 - DATE		01-02-2000		MUG = 250mls	
TIME	INTAKE (Drinks)	OUTPUT (Urine)	WET (W) DAMP (D)		
6.00a.m.		250mls	D	CUP = 150mls	
7.00a.m.	200mls			GLASS = 200mls	

DAY 1 - DATE			
TIME	INTAKE	OUTPUT	WET/DAMP
6.00a.m.			
7.00a.m.			
8.00a.m.			
9.00a.m.			
10.00a.m.			
11.00a.m.			
12.00md			
1.00p.m.			
2.00p.m.			
3.00pm.			
4.00p.m.			
5.00p.m.			
6.00p.m.			
7.00p.m.			
8.00.p.m.			
9.00p.m.			
10.00p.m.			
11.00p.m.			
12.00mn			
1.00a.m.			
2.00a.m.			
3.00a.m.			
4.00a.m.			
5.00a.m.			
TOTAL			

DAY 2 - DATE			
TIME	INTAKE	OUTPUT	WET/DAMP
6.00a.m.			
7.00a.m.			
8.00a.m.			
9.00a.m.			
10.00a.m.			
11.00a.m.			
12.00md			
1.00p.m.			
2.00p.m.			
3.00pm.			
4.00p.m.			
5.00p.m.			
6.00p.m.			
7.00p.m.			
8.00.p.m.			
9.00p.m.			
10.00p.m.			
11.00p.m.			
12.00mn			
1.00a.m.			
2.00a.m.			
3.00a.m.			
4.00a.m.			
5.00a.m.			
TOTAL			

DAY 3 - DATE			
TIME	INTAKE	OUTPUT	WET/DAMP
6.00a.m.			
7.00a.m.			
8.00a.m.			
9.00a.m.			
10.00a.m.			
11.00a.m.			
12.00md.			
1.00p.m.			
2.00p.m.			
3.00pm.			
4.00p.m.			
5.00p.m.			
6.00p.m.			
7.00p.m.			
8.00.p.m.			
9.00p.m.			
10.00p.m.			
11.00p.m.			
12.00mn			
1.00a.m.			
2.00a.m.			
3.00a.m.			
4.00a.m.			
5.00a.m.			
TOTAL			

DAY 4 - DATE			
TIME	INTAKE	OUTPUT	WET/DAMP
6.00a.m.			
7.00a.m.			
8.00a.m.			
9.00a.m.			
10.00a.m.			
11.00a.m.			
12.00md			
1.00p.m.			
2.00p.m.			
3.00pm.			
4.00p.m.			
5.00p.m.			
6.00p.m.			
7.00p.m.			
8.00.p.m.			
9.00p.m.			
10.00p.m.			
11.00p.m.			
12.00mn			
1.00a.m.			
2.00a.m.			
3.00a.m.			
4.00a.m.			
5.00a.m.			
TOTAL			

D WHAT DO YOU DRINK ? e.g. coffee

PLEASE READ THIS LEAFLET CAREFULLY BEFORE
COMPLETING AS ACCURATELY AS POSSIBLE.
IT WILL BE USED TO HELP US DISCUSS YOUR BLADDER
PROBLEM, AND PLAN YOUR TREATMENT.

E SPECIAL INSTRUCTIONS

A

NAME	
ADDRESS	
	POSTCODE
D.O.B.	

B

CHI/UNIT NUMBER	
BASE OF HEALTH CARE PROFESSIONAL	
CONTACT NUMBER	

F

FOR OFFICIAL USE ONLY		
IN A 24 HOUR PERIOD		
	MIN	MAX
Bladder capacity		
Number of voids		
Interval between toileting		
Frequency of incontinence		
Nocturia		
Fluid intake		

What you will need to complete your frequency volume chart

- A plastic jug which measures in millilitres (mls.) or ounces (oz.)
- For 4 days and nights record how much you drink (intake) and how much urine you pass (output).
- If you are wet (W) or damp (D) record in the appropriate column.
- If you pass urine but cannot measure put a tick (✓) in the appropriate column.