

Frequency Volume Chart

Instructions

Before starting to fill in the chart you will need a small plastic measuring jug, with millilitres marked on it. It is best to choose 2 or 3 days when you know you will not be particularly busy (eg, over a weekend). They do not need to be consecutive days.

Type of drink - please write what sort of drink you had in this column (eg, tea, coffee, water).

Amount of drink - before you start, and to avoid having to measure every drink you have, please use the jug to measure the volume (amount of liquid it holds) of your usual cup/mug/glass and keep a note of these figures in the table below. Please then enter the appropriate volume in the column overleaf when you have a drink. The jug can then be used to measure the volume of urine passed.

Amount of urine passed - every time you pass urine, measure the amount in the measuring jug and record the amount in mls (millilitres). It is important to record the amount of urine passed during the night time as well as the day time and enter it in the appropriate column.

Wet/pads changed - please write **wet** every time you are wet and **pad** every time you changed a pad in the corresponding column, if this applies to you.

Please also note on the chart at what hour you woke up (by writing **woke**) and when you went to bed (by writing **bed**).

Complete the chart for 3 full days and bring it to your next appointment.

Thank you

	Average volume in mls	Record your usual cup/mug volumes here
Cup	150	
Glass	175	
Mug	250	
Pint	550	550

<i>Example</i>	Day 1			
Time	Type of drink	Amount of drink	Amount of urine	Wet/pad changed
6.00am				
7.00am	<i>woke</i>			
8.00am	<i>tea</i>	250		
9.00am			240	
10.00am	<i>coffee</i>	250		
11.00am			180	
12 noon				
1.00pm	<i>water</i>	175		
2.00pm				
3.00pm			320	
4.00pm	<i>tea</i>	250		
5.00pm				
6.00pm				
7.00pm			280	<i>pad</i>
8.00pm	<i>wine</i>	175		
9.00pm				
10.00pm	<i>coffee</i>	150	130	
11.00pm	<i>bed</i>			
12 midnight				
1.00am				
2.00am				
3.00am			170	
4.00am				
5.00am				

