

NAME  
UNIT NO.

### FREQUENCY VOLUME CHART INSTRUCTIONS

- THE CHART YOU HAVE BEEN GIVEN IS SO WE CAN ASSESS YOUR AVERAGE FLUID INTAKE, URINE OUTPUT AND LEAKAGE.
- PLEASE COMPLETE AND BRING WITH YOU AT THE TIME OF YOUR APPOINTMENT
- THIS ASSISTS US GREATLY IN THE DIAGNOSIS OF YOUR CONDITION.
- FOR EACH DAY, RECORD HOW MUCH YOU DRINK (MLS IF POSSIBLE) AND AT WHAT TIME YOU DRINK IT.
- WHEN YOU GO TO THE TOILET, MEASURE THE AMOUNT OF URINE THAT YOU PASS USING A SMALL JUG, AND RECORD THE VOLUME, (IN MLS IF POSSIBLE) NEXT TO THE CORRESPONDING TIME OF DAY.
- EVERY TIME YOU LEAK URINE, PUT A CROSS IN THE COLUMN MARKED 'OUT'
- DRAW A CIRCLE ROUND THE TIME WHICH YOU GO TO SLEEP AT NIGHT AND ALSO THE TIME YOU WAKE TO GET UP FOR THE DAY
- ON AVERAGE, A TEA CUP IS 150 MLS AND A MUG IS 200 MLS

EXAMPLE :

TIME	DAY 1		
	FLUID	IN	OUT
0600			
0700	TEA	200	
0800			
0900	JUICE	100	
1000	WATER	200	175
1100			
1200	TEA	200	250