Frequency Volume Chart

The aim of this chart is to obtain an accurate record of your normal fluid intake, i.e. the amount and what you drink each day and the normal pattern of your bladder, i.e. the number of times you pee in a day and the amount you pee each time.

It is useful to obtain a complete 24 hour record, ideally over a few days to give a consistent record. You will need to buy a cheap plastic measuring jug to pee into and you will need to record the volume you pee each time before flushing the urine away. Record this volume in the nearest time box. If you leaked (L) or had urgency (U) place the appropriate letter in the box next to the urine volume. It is usually impractical to complete 24 hours whilst at work, so you probably need to complete a 24 hour record at the weekend.

You do not need to measure intake perfectly -small cups or glasses are about 200mls, a large mug is about 300 mls. 1 pint =568mls, $\frac{1}{2}$ pint =284mls. Bottles or cans have the volume printed on them.

Please record what you drink as this can affect urine output e.g. tea, coffee, alcohol.

DAY	1			2			3		
	Volume	Volume	U/L?	Volume	Volume	U/L?	Volume	Volume	U/L?
	IN	OUT		IN	OUT		IN	OUT	
	mls/what	mls		mls/what	mls		mls/what	mls	
6am									
7am									
8am									
9am									
10am									
11am									
12am									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									
9pm									
10pm									
11pm									
12pm									
1am									
2am		_			_			_	
3am									
4am									
5am									
TOTAL									