

YOUR URINE FREQUENCY AND VOLUME CHART

We want you to record the time you pass urine and the the amount of urine you pass on each occasion. We can use this information to help you.

Please complete this confidential form as accurately as possible.

- When you are at home please try to record both the time you pass your water, and the volume passed. Any household measuring jug will be sufficient. When you are away from home if it is inconvenient to measure the volume then just record the time.
- If you wet yourself at any time, record the time and use the letter “W” instead of the volume.
- Day-time means when you are up: Night-time when you are in bed.

An example is provided below to help you:

7am/200 = Passed 200ml urine at 7am
 1pm/- = Passed urine at 1pm. No record of the amount passed
 6am/W = Incontinent of urine at 6am

Day	Day Time			Night time		
	Time/volume (mls.)					
eg	7am/200	1pm/-	6pm/400	11pm/300	3am/200	6am/W
1						
2						
3						
4						
5						
6						
7						