Bladder record chart

Instructions

Try to record details of your fluid intake and bladder emptying for three days. It is helpful if you can try to record and measure overnight too.

Do your best to make it three days in a row. Otherwise any three days you can manage is better than none. If you work, you may find it easier to do this only on your days off.

Please measure the amount of fluid you drink (in millilitres/ml) and record it as close to the time in the 'Fluids in' column. Include milk on cereal.

Add a note of what the drink is, for example:
W = Water   T = Tea   C = Coffee   M = Milk   Fr = Fruit juice   A = Alcohol

Please measure the amount of urine that you pass (in millilitres) and record it as close to the time in the 'Out' column. You will need a plastic measuring jug.

If you are occasionally unable to measure, put a tick instead.

If you have an accident and leak some urine, put a tick in the 'Leak' column. Include even a small drop. Put 'U' if you had urgency.

If for any reason you have not been able to complete this, do not worry!

Contact details
Therapy Services Poole: 0300 019 2121
Therapy Services Christchurch: 0300 019 4418

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB
Christchurch Hospital, Fairmile Road, Christchurch, Dorset, BH23 2JX

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w: www.uhd.nhs.uk   : @UHD_NHS   : @UHDTrust   : @uhd_nhs

Your Name:
Your HN and DOB:
(or use addressograph label):

Date

Time	Fluids in	Out	Leak
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 noon			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			
11 pm			
12 am			
1 am			
2 am			
3 am			
4 am			
5 am			
TOTAL			

Date

Time	Fluids in	Out	Leak
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 noon			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			
11 pm			
12 am			
1 am			
2 am			
3 am			
4 am			
5 am			
TOTAL			

Date

Time	Fluids in	Out	Leak
6 am			
7 am			
8 am			
9 am			
10 am			
11 am			
12 noon			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			
11 pm			
12 am			
1 am			
2 am			
3 am			
4 am			
5 am			
TOTAL			