

Bladder record chart for uro-gynaecology

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 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

Uro-gynaecology services at the Royal Bournemouth Hospital: **0300 019 5729**

Uro-gynaecology services at Poole Hospital: **0300 019 3251**

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Danielle Dew** Date: **March 2022** Version: **One** Review date: **March 2025** Ref: **064/22**

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Name:

Hospital/NHS Number:

Date of birth:

Addressograph
(or stick patient's printed label here)

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

Name:

Hospital/NHS Number:

Date of birth:

Addressograph
(or stick patient's printed label here)

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

Name:

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