Bladder Chart - Volume and Frequency

Locala Community Partnerships

Name : _____   Date of Birth: _____

	Day 1			Day 2			Day 3			Day 4			Day 5			
	Fluid	Urine	Wet	Fluid	Urine	Wet	Fluid	Urine	Wet	Fluid	Urine	Wet	Fluid	Urine	Wet	
6am																6am
7am																7am
8am																8am
9am																9am
10am																10am
11am																11am
12noon																12noon
1pm																1pm
2pm																2pm
3pm																3pm
4pm																4pm
5pm																5pm
6pm																6pm
7pm																7pm
8pm																8pm
9pm																9pm
10pm																10pm
11pm																11pm
12 M'Night																12 M'Night
1am																1am
2am																2am
3am																3am
4am																4am
5am																5am

Turn over for instruction guide

Instructions

Fluid (Fluid Intake)

In this column you record how much fluid you drink i.e coffee, tea, water, beer etc.

Volume Guide

You can use the guide below to help you calculate how much fluid you drink.

Tall glass of water / juice
280ml

Small glass of water / juice
150ml

Large mug of tea / coffee
250ml

Cup of tea / coffee
120ml

Pint - 550ml
Half pint - 280ml

Bottle of beer
280ml

Wine - large glass - 250ml
Wine - small glass - 120ml

Urine (Urine Passed)

In this column you record the amount or volume of urine passed.

Please also record during the night.

Where it is not possible to record the volume, please tick ✔ the box to show that you have passed urine.

Example:

Day 1

	Fluid	Urine	Wet
10am		120ml	
11am			
12 Noon			
1pm	150ml	✔	
2pm			

If using pads, record when a pad is put on and when one is changed.

Example:

Day 1

	Fluid	Urine	Wet
10am		Pad on	
11am			
12 Noon			
1pm		Pad Changed	
2pm			

Wet (Wet episodes)

In this column you record any wet episodes by simply ticking the box against the corresponding hour of the day.

Example:

Day 3

	Fluid	Urine	Wet
7am			✔
8am			
9am			
10am			
11am			