

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	<input checked="" type="checkbox"/>	
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			<input checked="" type="checkbox"/>
8am			
9am			
10am			
11am			