

URINARY INPUT/OUTPUT CHART

(Please refer to the following guidance before completing chart)

It is important that you bring the completed chart to your next appointment.

This chart is designed to assess how much fluid you drink, and how much urine you pass in a 24-hour period. It will help us diagnose and treat your urinary problems, without this record your assessment will be incomplete.

The chart should be filled in over three fairly typical days, these do not have to be consecutive days.

Before starting

You will need a measuring jug in order to measure the urine you pass, it should measure in **millilitres (ml)**, and hold at least 500 ml.

It may help to urinate into a plastic container first, and transfer to the jug, i.e. washed and cleaned ice cream or margarine tub, placed in the bowl of the toilet.

You will need to measure a typical glass/mug/cup to check its capacity, so you know how much fluid you drink.

How to complete the chart

Record how much you drink in millilitres and enter into the appropriate time slot of the “**In**” section of chart.

Record how much urine you pass in millilitres and record it in “**Out**” section of chart.

Put a line across the daily column at the time you go to bed and the time you wake in the morning, so we can tell how often you pass urine in the night.

If you have urinary leakage

If you have any urinary leakage, record it in “**Wet**” section of chart accordingly:

+ for a small amount

++ for a moderate amount

+++ for a large amount

URINARY INPUT/OUTPUT CHART

Name.....

DATE	/ /			/ /			/ /		
	1			2			3		
DAY	In	Out	Wet	In	Out	Wet	In	Out	Wet
06.00									
07.00									
08.00									
09.00									
10.00									
11.00									
12.00									
13.00									
14.00									
15.00									
16.00									
17.00									
18.00									
19.00									
20.00									
21.00									
22.00									
23.00									
M'NIGHT									
01.00									
02.00									
03.00									
04.00									
05.00									
TOTAL	In	Out	Wet	In	Out	Wet	In	Out	Wet