



Urinary Frequency / Volume Chart

What is a Frequency Volume Chart?

This chart is designed to measure how much you drink. It also allows your doctor to calculate how much urine you pass and how often. It helps to diagnose why you have urinary symptoms. The chart should be completed over 5 consecutive days if possible.

How do I fill in the Chart?

To fill in the chart you will need a measuring jug to record the amount of urine in millilitres (ml). We recommend a jug capable of holding 500ml. Every time you pass urine you should note the time and use the jug and record the volume in the 'OUT' column. If you cannot record the amount tick the form. Put a line across the chart at the time you go to bed so your doctor can calculate how many times you void at night.

How do I record Leaking Urine on the Form?

If you experience leakage of urine please mark the 'WET' column:

- + for a small amount
- ++ for a moderate amount
- +++ for a large amount

When I complete the chart what should I do?

When you have completed the chart please bring it to your next clinic appointment with your doctor. If there are any other important points please record these on separate piece of paper.

