

Name: _____

Frequency/Volume Chart

You must keep a record (day and night) of all the fluid that goes into your body (drinks) and all the fluid that comes out ("wee") for three (3) separate days (they do not have to be 3 days in a row). You can write things down in the comment section eg. "I was bursting and drops of wee came out on the way to the toilet".

TIME: Each time you do a "wee" or have a drink, or if you leak a bit of "wee", you must write it down and the exact time eg. 8.00am – 100 mL.

DRINKS: How much and what did you drink? Try to use millilitres (mL) if you can. Before starting the chart, measure your favourite cup or glass (in mL) and then you will know the measurement each time, eg. 8.00am –200 mL water.

WEE: When you go to the toilet, measure how much "wee" comes out. Boys can use a measuring jug and girls can use an old ice cream container placed in the toilet (then poured into a measuring jug). Remember to measure if you get up at night-time.

PULL-UPS: For 3 nights, weigh 3 pull-ups (wet and dry). This indicates how much urine is being passed during the night. You must also measure your first "wee" the next morning. What you "wee" into your pull-ups, plus your first morning "wee" indicates the amount of urine your kidney makes overnight.

BOWELS: Use your separate bowel chart. Write in the bowel chart the time and number of your bowel motions for one week.

Example:

Time	Drink	Wee	Comments
8.00am		100 mL	I was bursting and drops of wee came out
8.30am	150 mL milk		

