URINARY INPUT AND OUTPUT CHART (BLADDER DIARY)

Information from The British Association of Urological Surgeons (BAUS) about assessing fluid intake & output

You have been given this leaflet because you we need an accurate record of your fluid intake and output to assess your urinary symptoms. This will help us determine how best to manage your condition.

We have consulted specialist surgeons during its preparation, so that it represents best practice in UK urology. You should use it in addition to any advice already given to you.

To view the online version of this leaflet, type the text below into your web browser:

http://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Input output chart.pdf

What is an input/output chart?

This chart (also known as a **frequency-volume chart** or **bladder diary**) is used to assess how much fluid you drink, to measure your urine volume, to record how often you pass urine over 24 hours and to show any episodes of incontinence (leakage). The results are important in diagnosing the cause of your urinary symptoms and deciding how best to treat them.

You should fill in the chart as accurately as possible over **three consecutive normal days**, including work or rest days if appropriate.

What do I need to measure my input and output?

You will need a plastic measuring jug to measure the urine you pass; ideally, this should hold at least 500ml. Some people find it helpful to measure the capacity of any mugs, cups or glasses they use regularly, so it is easy to measure the volume you drink.

How do I complete the chart?

Every time you have a drink, make a note of how much it is (in millilitres, if possible) and enter this value in the "**IN**" column opposite the appropriate time slot. Try to record every drink, day and night. Record the type of drink (water, squash, coffee, tea, beer etc) in the "**TYPE**" column because this can help us identify any triggers for your symptoms.

Each time you pass urine, collect it in your measuring jug, measure the amount (in millilitres, if possible) and record it in the "**OUT**" column opposite the appropriate time slot. If, for any reason, you are not able to

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measure how much urine you have passed, simply put a tick in the appropriate "**OUT**" box.

Put two lines across each daily column, one to mark **when you get up and dressed**, and a second for **when you go to bed**. This helps us to see how many times you get up at night to pass urine.

If you have any urine leakage by night or day, mark the box under the column heading "**WET**" against the appropriate time slot. Use the following symbols for this:

+ for a small leak
++ for a moderate leak
+++ for a large leak

Please detach the input/output chart itself so you can complete the chart, but still have this explanatory information available to read.

Bring the completed chart with you when you come to your next clinic appointment. If there are any other points you think are important, please write them down on a separate piece of paper.

What sources were used to prepare this leaflet?

This leaflet uses information from consensus panels and other evidence-based sources including:

- the Department of Health (England);
- the Cochrane Collaboration; and
- the National Institute for Health and Care Excellence (NICE).

It also follows style guidelines from:

- the Royal National Institute for Blind People (RNIB);
- the Patient Information Forum; and
- the Plain English Campaign.

Disclaimer

We have made every effort to give accurate information but there may still be errors or omissions in this leaflet. BAUS cannot accept responsibility for any loss from action taken (or not taken) as a result of this information.

PLEASE NOTE

The staff at BAUS are not medically trained, and are unable to answer questions about the information provided in this leaflet. If you do have any questions, you should contact your urologist, specialist nurse or GP

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Input/Output Chart

Please enter information for **three consecutive days**

DATE	/ / DAY ONE				/ / DAY TWO				/ / DAY THREE			
	TYPE	IN	OUT	WET	TYPE	IN	OUT	WET	TYPE	IN	OUT	WET
06.00												
07.00												
08.00												
09.00												
10.00												
11.00												
12.00												
13.00												
14.00												
15.00												
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21.00												
22.00												
23.00												
00.00												
01.00												
02.00												
03.00												
04.00												
05.00												
TOTAL		IN	OUT			IN	OUT			IN	OUT	

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