NHS
Greater Glasgow and Clyde

Bladder Record Chart

This chart is designed to help assess your bladder functions both at home and at work. By filling this form in correctly you will help us accurately diagnose your condition.

The column marked 'time' refers to the daytime starting at 6.00am in the morning. You should complete the chart over 5 days (marked day 1 – 5). For each day there are 3 columns.

F – Fluid Intake

In this column you record how much fluid you drink i.e. coffee, tea, water, beer etc.

Each time you have a drink record how much you have drunk against the corresponding hour of the day. You may find it easier to measure how much a cup or mug holds (in ml or fl.oz) and always use the same cup.

U – Urine Passed

In this column you record the amount or volume of urine passed.

Each time you pass urine, record the volume of urine (in ml or fl.oz) against the corresponding hour of the day. For this you may need to buy a small plastic measuring jug, these are available from chemists or supermarkets. Please also record any urine you pass during the night.

If it is not possible to measure the volume, for example, if you are out shopping, please tick (✔) the box to show that you have passed urine.

W – Wet

In this column you record any wet episodes by simply ticking the box against the corresponding hour of the day.

The space on the left of the form is available for your to make any additional comments about your bladder over the 5 days.

Example:

	Day 1		
Time	**F**	**U**	**W**
6:00am		300ml	✔
7:00am	150ml		
8:00am			
9:00am			

Comments

Bladder Record Chart

Name: _____ Date: _____ **F = Fluid Intake** **U = Urine Passed** **W = Wet**

	Day 1			Day 2			Day 3			Day 4			Day 5		
Time	**F**	**U**	**W**	**F**	**U**	**W**	**F**	**U**	**W**	**F**	**U**	**W**	**F**	**U**	**W**
6:00am															
7:00am															
8:00am															
9:00am															
10:00am															
11:00am															
Noon															
1:00pm															
2:00pm															
3:00pm															
4:00pm															
5:00pm															
6:00pm															
7:00pm															
8:00pm															
9:00pm															
10:00pm															
11:00pm															
Midnight															
1:00am															
2:00am															
3:00am															
4:00am															
5:00am															