



## Instructions

### **Please read carefully.**

This chart is designed to help assess how 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 and finishing at 6 o’clock in the morning. The chart should be filled in over 3 days (marked days 1-3). For each day there are three columns.

### **F Fluid Intake**

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

Each time you have a drink you 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 estimate the fluid drunk by always using 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 or urine (in ml or fl. oz) passed against the corresponding hour of the day. For this you will need to buy a small plastic measuring jug available from a chemist or in some supermarkets. Please also record during the night.

Where 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.

### **0-4 /W Urgency/Sensation and Wet**

In this column you record the sensation you felt to go to the toilet on 0-4 scale (see comments section on next page for the scale), as well as any wet episodes by marking “W”. Mark the box against the corresponding hour of the day.

The space on the left of the form is available for you to make any additional comments about your bladder over the 3 days.

### **Example**

	Day 1			
Time	F		U	0-4 W
	What	How much		
6am	<i>tea</i>	<i>250ml</i>	<i>325ml</i>	<i>4, W</i>
7am	<i>Orange juice</i>	<i>150ml</i>		
8am			<i>150ml</i>	<i>1</i>