

48-HOUR FREQUENCY VOLUME CHART (BLADDER DIARY)

DAY 1 – DATE _____

TIME	FLUID IN	FLUID OUT	COMMENTS
08:20 AM	150ml tea	250ml	Woke up, no urge....
09:50 AM	-	120ml + 50ml leak	Strong urge + small leak....
TOTAL			

- Please record all fluids in (amount and type) and all urine passed / leaks for 48 hours
- We suggest morning-to-following-morning (e.g. 08:00am to 08:00am) including night-time
- We suggest use of a cheap disposable plastic jug to measure the volume of urine passed

48-HOUR FREQUENCY VOLUME CHART (BLADDER DIARY)

DAY 2 – DATE _____

TIME	FLUID IN	FLUID OUT	COMMENTS
08:20 AM	150ml tea	250ml	Woke up, no urge....
09:50 AM	-	120ml + 50ml leak	Strong urge + small leak....
TOTAL			

- Please record all fluids in (amount and type) and all urine passed / leaks for 24 hours
- We suggest morning-to-following-morning (e.g. 08:00am to 08:00am) including night-time
- We suggest use of a cheap disposable plastic jug to measure the volume of urine passed