



**Name:**

**Frequency/volume chart**

Please complete this chart for 3 days or as discussed with your doctor.

Use a jug to measure the amount of urine that you pass and enter the amount in a box at the appropriate time. If you are unable to measure the volume (e.g. if you are at work) then put a tick in the box instead. However, please try and perform the measurements on a typical day, and on a day when you are able to measure every time you void.

Here is an example:

<b>Time</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
	<b>Volume</b>	<b>Volume</b>	<b>Volume</b>
<b>7am</b>	400ml		500ml
<b>8am</b>		300ml	
<b>9am</b>		100ml	250ml

<b>Time</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
	<b>Volume</b>	<b>Volume</b>	<b>Volume</b>
<b>6 am</b>			
<b>7 am</b>			
<b>8 am</b>			
<b>9 am</b>			
<b>10 am</b>			
<b>11 am</b>			
<b>12 noon</b>			
<b>1 pm</b>			
<b>2 pm</b>			
<b>3 pm</b>			
<b>4 pm</b>			
<b>5 pm</b>			
<b>6 pm</b>			
<b>7 pm</b>			
<b>8 pm</b>			
<b>9 pm</b>			
<b>10 pm</b>			
<b>11 pm</b>			
<b>12 midnight</b>			
<b>1 am</b>			
<b>2 am</b>			
<b>3 am</b>			
<b>4 am</b>			
<b>5 am</b>			

Please remember to bring this sheet with you when you come for your appointment.