

Name:

Frequency/volume chart

Please complete this chart for 3 days.

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:

FREQUENCY VOLUME CHART

| Time | Day 1 | Day 2 | Day 3 |
|-------------|---------------|---------------|---------------|
| | Volume | Volume | Volume |
| 7am | 400ml | | 500ml |
| 8am | | 300ml | |
| 9am | | 100ml | 250ml |

| Time | Day 1 | Day 2 | Day 3 |
|--------------------|---------------|---------------|---------------|
| | Volume | Volume | Volume |
| 6am | | | |
| 7am | | | |
| 8am | | | |
| 9am | | | |
| 10am | | | |
| 11am | | | |
| 12 noon | | | |
| 1pm | | | |
| 2pm | | | |
| 3pm | | | |
| 4pm | | | |
| 5pm | | | |
| 6pm | | | |
| 7pm | | | |
| 8pm | | | |
| 9pm | | | |
| 10pm | | | |
| 11pm | | | |
| 12 midnight | | | |
| 1am | | | |
| 2 am | | | |
| 3 am | | | |
| 4am | | | |
| 5am | | | |

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