

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.