# DAILY BLADDER CHART

This simple chart allows you to record the fluid you drink and the urine you pass over 3 days (not necessarily consecutive) in the week prior to your clinic appointment. This can provide valuable information.
Please fill in approximately when and how much fluid you drink, and type of liquid.
Please fill in the time and the amount (in mls. or ozs./pints) of urine passed, and mark with a star if you have leaked or your pad is damp.
Please find below an example of how to complete this form.

| DATE/ TIME | LIQUID INTAKE | Volume of urine in mls. or ozs | DATE/ TIME | LIQUID INTAKE | Volume of urine in mls. or ozs. |
|---|---|---|---|---|---|
| **1-1-09** | | | | | |
| 2.15am | | 150mls | | | |
| 7.15am | | 250mls* | | | |
| 8.00am | Mug coffee | | | | |
| 8.20am | | 60mls* | | | |
| 9.30am | Cup orange juice | | | | |
| 10.00am | | 100mls | | | |
| 12noon | 2 Mugs coffee | | | | |
| 2.00pm | | 300mls | | | |
| 2.30pm | | 20mls* | | | |
| 3.30pm | Cup of tea | | | | |
| 4.00pm | | 100mls | | | |
| 6.00pm | Cup of tea | | | | |
| 7.00pm | | 100mls* | | | |
| 8.30pm | Glass Beer | 200mls | | | |
| 10.00pm | 1 Glass Wine | 50mls | | | |
| 11.30pm | | 30mls* | | | |
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