

CHARTS FOR RECORDING BASELINE FLUID INTAKE AND URINARY OUTPUT

Here you will find 3 different charts. Select the one your patient can safely complete.

[Micturition chart](#)

A basic chart which records only the times when urine is passed day and night

To complete either of the following two charts (a frequency volume chart or a bladder diary), your patient will need to buy an inexpensive plastic measuring jug if they don't have one, and keep it only for this purpose. When at home, they will need to pass urine into the measuring jug each time they visit the toilet, and write the amount down on the chart next to the times day and night. After use, they should empty the jug into the toilet bowl, rinse it with cold water, dry and leave ready for use next time.

If your patient is going out or if they work, it will probably be unrealistic for them to measure any urine passed, but ask them to please keep a note of each time they pass urine. When they arrive home, they can put the time and a tick on the chart for each time they passed urine while away from home. It may also be unrealistic to measure any urine passed when opening the bowels therefore, a tick should be placed on the chart at this time.

Once the patient has completed their chart, they should be advised to store the jug in a dry place as they may need to repeat this procedure to compare and assess their improvement.

[Frequency volume chart \(FVC\)](#)

A FVC records the volumes voided as well as the time of each micturition, day and night

[Bladder diary](#)

This records the times of passing urine and voided volumes; episodes of incontinence; pad usage and other information such as the degree of urgency; the degree of incontinence; and fluid intake and type

Charts or diaries should be completed for a minimum of three days. (NICE, 2015)

Reference:

Urinary incontinence in women Quality standard Published: 22 January 2015

[NICE Quality Standard Urinary incontinence in women qs77](#)