

24 to 48 HOUR FLUID INPUT / OUTPUT CHART

Starting date / /

Degree of urge:
0 = no urge +++ = moderate urge
+ = slight urge ++++ = busting

OUTPUT (wees—normal volumes 350 to 500mls)					INPUT (drinks)		
Time	Amount	Leakage	Triggers	Degree of Urge	Time	Amount	Type

- This can be done at any time. Try to do one every birthday.
- Do not necessarily try to repeat a normal day, try to implement the changes discussed in the book.
- Make sure to complete the form on a day you are mostly at home.
- Find a large container and place in toilet bowl. Wee into this then pour into a measuring jug and measure in milliliters and not fluid ounces.
- Then record each void (wee).
- Also record everything you drink in the 'input' section.
- Complete the form over a 24 hour period. It is helpful to continue measurements for 48 hours if possible.

Appendix 3: Bladder diary