

## Patient information from Gordon Muir, Consultant Urological Surgeon

Please do not rely on this information unless you have been specifically sent this by Mr Muir

### Frequency Volume Chart

This chart helps us to assess the activity of the bladder and the bother it is causing you.

You will need to obtain a plastic measuring jug of at least 500ml capacity: this can be bought from any ironmongers or cookery shop.

Try to fill in about four days of bladder activity if possible (see example of two days below), preferably making them as typical as possible. If you do not manage to record some voids then make a note at the time you went. The sample chart on this page should show you what is required and please do remember to bring the chart to your next appointment so we can go through it together.

Good Luck!

Date	Time	Volume	Volume drunk	Type of drink	Notes
21/07/19	05.00	?			Wet the bed
21/07/19	08.30	150ml	50ml	Coffee	
21/07/19	09.00	180ml		Tea	Burning feeling
21/07/19	12.00	300ml		Water	
21/07/19	13.00	?			Slight incontinence
21/07/19	16.00	340ml			
21/07/19	22.00	300ml		Fizzy drink	
22/07/19	0130	?			Woke up bursting, forgot to measure it
22/07/19	0600	220ml			Urgency +++
22/07/19	0900	210ml			
22/07/19	1000	?			Major incontinence on lifting





