

# Bladder Voiding Chart

Name \_\_\_\_\_

Date commenced \_\_\_\_\_

This chart is designed to record your urine output.

Please measure and record the amount each time you pass urine over a 24-hour period for three days.

Please record time of intake of fluid (what you drink), your intake in mL (how much you drink) and your output (how much you urinate).

Your urine is best measured in a plastic 1 litre jug with mLs on side. These can be purchased cheaply at \$2 or discount shops.

Day 1 Date \_\_\_\_\_

Day 2 Date \_\_\_\_\_

Day 3 Date \_\_\_\_\_

<u>Time:</u>	<u>mL</u> <u>(input)</u>	<u>Urine</u> <u>Voided/ML</u>
<u>Total:</u>		

<u>Time:</u>	<u>mL</u> <u>(input)</u>	<u>Urine</u> <u>Voided/ML</u>
<u>Total:</u>		

<u>Time:</u>	<u>mL</u> <u>(input)</u>	<u>Urine</u> <u>Voided/ML</u>
<u>Total:</u>		

