## OUHSC Female Pelvic & Bladder Health Clinic

## FREQUENCY/VOLUME BLADDER CHART

<u>INSTRUCTIONS:</u> This chart is designed to help your doctor evaluate how your bladder works. The information it provides is important, so please try to keep an accurate record for three consecutive days and nights.

Each day write down the time that you empty your bladder and measure the amount of urine that you pass (1 ounce = 30 ml). Make a special note, perhaps in a different color of ink, of those times when you are awakened from sleep at night with an urge to pass your urine. Also please mark any times that you leak urine or wet yourself.

Please record all your daily fluid intake on the back page. You <u>must</u> bring this completed chart with you when you have your urodynamic studies. If you do not bring it with you your test <u>will be cancelled!</u>

DATE CHART STARTED

NAME:

DATE	TIME	VOLUME	LEAKAGE
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		1	
	8		2
	transfer to the second		
			1
			}
			1