



URINARY INPUT/OUTPUT CHART

Frequently-Asked Questions

What is an output chart?

This chart is designed to assess how often you pass urine by day and by night. It will help us diagnose and treat your urinary symptoms.

The chart should be completed over 7 consecutive, fairly typical days (choose any 7 days to suit you).

What do I need to fill in the chart?

You will need a measuring jug in order to measure the urine you pass. This should be calibrated in millilitres (ml) and should hold at least 500ml.

How do I fill in the chart?

Record how much you drink (in millilitres, if possible) and enter this into the appropriate time-slot of the “In” section.

Each time you pass urine, measure the amount in your jug and record it in the “Out” section. If you are unable to measure the amount for any reason, simply tick the appropriate box.

Put a line on the chart at the time you go to bed, so that we can tell how many times you have to get up at night to pass urine.

What do I do if I have any urine leakage?

If you have any leakage, please mark the box accordingly:

- + for a small amount
- ++ for a moderate amount
- +++ for a large amount

What should I do with the completed chart?

Please bring this chart with you when you come to your next clinic appointment (with your Urologist or Specialist Nurse).

If there are any other points which you think are important, write them down on a separate piece of paper.



| DATE | / / | | | / / | | | / / | | | / / | | | / / | | | / / | | |
|--------------|-----------|------------|------------|-----------|------------|------------|-----------|------------|------------|-----------|------------|------------|-----------|------------|------------|-----------|------------|------------|
| | DAY | | | DAY | | | DAY | | | DAY | | | DAY | | | DAY | | |
| | In | Out | Wet | In | Out | Wet | In | Out | Wet | In | Out | Wet | In | Out | Wet | In | Out | Wet |
| 06.00 | | | | | | | | | | | | | | | | | | |
| 07.00 | | | | | | | | | | | | | | | | | | |
| 08.00 | | | | | | | | | | | | | | | | | | |
| 09.00 | | | | | | | | | | | | | | | | | | |
| 10.00 | | | | | | | | | | | | | | | | | | |
| 11.00 | | | | | | | | | | | | | | | | | | |
| 12.00 | | | | | | | | | | | | | | | | | | |
| 13.00 | | | | | | | | | | | | | | | | | | |
| 14.00 | | | | | | | | | | | | | | | | | | |
| 15.00 | | | | | | | | | | | | | | | | | | |
| 16.00 | | | | | | | | | | | | | | | | | | |
| 17.00 | | | | | | | | | | | | | | | | | | |
| 18.00 | | | | | | | | | | | | | | | | | | |
| 19.00 | | | | | | | | | | | | | | | | | | |
| 20.00 | | | | | | | | | | | | | | | | | | |
| 21.00 | | | | | | | | | | | | | | | | | | |
| 22.00 | | | | | | | | | | | | | | | | | | |
| 23.00 | | | | | | | | | | | | | | | | | | |
| M'night | | | | | | | | | | | | | | | | | | |
| 01.00 | | | | | | | | | | | | | | | | | | |
| 02.00 | | | | | | | | | | | | | | | | | | |
| 03.00 | | | | | | | | | | | | | | | | | | |
| 04.00 | | | | | | | | | | | | | | | | | | |
| 05.00 | | | | | | | | | | | | | | | | | | |
| TOTAL | In | Out | Wet | In | Out | Wet | In | Out | Wet | In | Out | Wet | In | Out | Wet | In | Out | Wet |
| | | | | | | | | | | | | | | | | | | |

Your name and hospital number (if known).....



= 100ml



= 150ml



Are there any other important points?

This publication provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.

Disclaimer

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