

# Mr Timothy Nedas MB BS MSc FRCS (Urology)

## Consultant Urologist

### Bladder Diary / Frequency Volume Chart – Paediatric

**Name:** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

Please record all fluids in and all urinary output (a cheap plastic jug from somewhere like Poundland is ideal for this). Please record for 3 full days. If it is not possible to do it for 3 consecutive days, then results can be recorded in separate 24 hour periods.

If pull up or nappies are used overnight it is useful to measure the full pad weight and subtract it from the empty pad weight. This will give us the approximate overnight urinary volume (1g being approximately equal to 1ml).

You do not have to use this diary but the information that is requires is set out below. Please continue on a second page if needed.

Please note on the form what time you go to sleep and what time you routinely wake up to start your day.

Bed time: \_\_\_\_\_ Wake up time: \_\_\_\_\_

Please contact the office if you have any questions.

Date	Time	Urine Volume	Drinks Volume		Notes
		Amount in ml	Amount in ml	Description	
10/01/2026	8am		450ml	Orange Squash	
	9.10am	200mls			
<b>Totals</b>					