Mr Timothy Nedas MB BS MSc FRCS (Urology)

Consultant Urologist

Bladder Diary / Frequency Volume Chart

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. Please contact the office if you have any questions.

Date	**Time**	**Urine Volume**	**Urge**	**Drinks Volume**		**Leakage**
		Amount in ml	How strong was the urge to go? ***Rank it 0-4***	Amount in ml	Description	Did you experience any accidental leakage? ***Rank it 0-4***
10/01/2026	*8am*			*450ml*	*Fruit tea*	*0*
	9.10am	*200mls*	*2*			
Totals						

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