**Instructions for Completion**

**-Start the chart with your first morning void. Complete for 24 hours (classified as one day).**

**-Complete for 3 consecutive days, over a time that reflects a true normal day (time at work and home, if appropriate).**

**-REMEMBER TO: Document the first void on the morning after your final day (ie day 4), as this will complete the 24hr timeframe. This also applies if you are unable to choose consecutive days.**

**-Document when you woke and when you went to bed.**

**-If you are unable to measure a void, either estimate or at least document that you emptied your bladder.**

|  |
| --- |
| **DAY 1 – date:** |
| **Time woke:** | **Time went to bed:** |
| **Fluid Intake** | **Urine Output** |
| Time | What did you drink?e.g. tea | How much did you drink (ml)?e.g 200mls | Time | How much urine did you pass? e.g. 300mls | Did you leak on the way to the toilet?Yes/No | Urge (see below) |
| **06:00** |  |  | **06:00** |  |  |  |
| **07:00** |  |  | **07:00** |  |  |  |
| **08:00** |  |  | **08:00** |  |  |  |
| **09:00** |  |  | **09:00** |  |  |  |
| **10:00** |  |  | **10:00** |  |  |  |
| **11:00** |  |  | **11:00** |  |  |  |
| **12:00** |  |  | **12:00** |  |  |  |
| **13:00** |  |  | **13:00** |  |  |  |
| **14:00** |  |  | **14:00** |  |  |  |
| **15:00** |  |  | **15:00** |  |  |  |
| **16:00** |  |  | **16:00** |  |  |  |
| **17:00** |  |  | **17:00** |  |  |  |
| **18:00** |  |  | **18:00** |  |  |  |
| **19:00** |  |  | **19:00** |  |  |  |
| **20:00** |  |  | **20:00** |  |  |  |
| **21:00** |  |  | **21:00** |  |  |  |
| **22:00** |  |  | **22:00** |  |  |  |
| **23:00** |  |  | **23:00** |  |  |  |
| **24:00** |  |  | **24:00** |  |  |  |
| **01:00** |  |  | **01:00** |  |  |  |
| **02:00** |  |  | **02:00** |  |  |  |
| **03:00** |  |  | **03:00** |  |  |  |
| **04:00** |  |  | **04:00** |  |  |  |
| **05:00** |  |  | **05:00** |  |  |  |

**Urge:**

0= no feeling to pass urine i.e. ‘just in case’ 3= strong urge, couldn’t wait 15 mins

1= mild urge, could wait an hour 4= ‘busting’, couldn’t wait 5 mins

2= moderate urge, could wait 30 min

|  |
| --- |
| **DAY 2 – date:** |
| **Time woke:** | **Time went to bed:** |
| **Fluid Intake** | **Urine Output** |
| Time | What did you drink?e.g. tea | How much did you drink (ml)?e.g 200mls | Time | How much urine did you pass? e.g. 300mls | Did you leak on the way to the toilet?Yes/No | Urge (see below) |
| **06:00** |  |  | **06:00** |  |  |  |
| **07:00** |  |  | **07:00** |  |  |  |
| **08:00** |  |  | **08:00** |  |  |  |
| **09:00** |  |  | **09:00** |  |  |  |
| **10:00** |  |  | **10:00** |  |  |  |
| **11:00** |  |  | **11:00** |  |  |  |
| **12:00** |  |  | **12:00** |  |  |  |
| **13:00** |  |  | **13:00** |  |  |  |
| **14:00** |  |  | **14:00** |  |  |  |
| **15:00** |  |  | **15:00** |  |  |  |
| **16:00** |  |  | **16:00** |  |  |  |
| **17:00** |  |  | **17:00** |  |  |  |
| **18:00** |  |  | **18:00** |  |  |  |
| **19:00** |  |  | **19:00** |  |  |  |
| **20:00** |  |  | **20:00** |  |  |  |
| **21:00** |  |  | **21:00** |  |  |  |
| **22:00** |  |  | **22:00** |  |  |  |
| **23:00** |  |  | **23:00** |  |  |  |
| **24:00** |  |  | **24:00** |  |  |  |
| **01:00** |  |  | **01:00** |  |  |  |
| **02:00** |  |  | **02:00** |  |  |  |
| **03:00** |  |  | **03:00** |  |  |  |
| **04:00** |  |  | **04:00** |  |  |  |
| **05:00** |  |  | **05:00** |  |  |  |

**Urge:**

0= no feeling to pass urine i.e. ‘just in case’ 3= strong urge, couldn’t wait 15 mins

1= mild urge, could wait an hour 4= ‘busting’, couldn’t wait 5 mins

2= moderate urge, could wait 30 mins

|  |
| --- |
| **DAY 3 – date:**  |
| **Time woke:** | **Time went to bed:** |
| **Fluid Intake** | **Urine Output** |
| Time | What did you drink?e.g. tea | How much did you drink (ml)?e.g 200mls | Time | How much urine did you pass? e.g. 300mls | Did you leak on the way to the toilet?Yes/No | Urge (see below) |
| **06:00** |  |  | **06:00** |  |  |  |
| **07:00** |  |  | **07:00** |  |  |  |
| **08:00** |  |  | **08:00** |  |  |  |
| **09:00** |  |  | **09:00** |  |  |  |
| **10:00** |  |  | **10:00** |  |  |  |
| **11:00** |  |  | **11:00** |  |  |  |
| **12:00** |  |  | **12:00** |  |  |  |
| **13:00** |  |  | **13:00** |  |  |  |
| **14:00** |  |  | **14:00** |  |  |  |
| **15:00** |  |  | **15:00** |  |  |  |
| **16:00** |  |  | **16:00** |  |  |  |
| **17:00** |  |  | **17:00** |  |  |  |
| **18:00** |  |  | **18:00** |  |  |  |
| **19:00** |  |  | **19:00** |  |  |  |
| **20:00** |  |  | **20:00** |  |  |  |
| **21:00** |  |  | **21:00** |  |  |  |
| **22:00** |  |  | **22:00** |  |  |  |
| **23:00** |  |  | **23:00** |  |  |  |
| **24:00** |  |  | **24:00** |  |  |  |
| **01:00** |  |  | **01:00** |  |  |  |
| **02:00** |  |  | **02:00** |  |  |  |
| **03:00** |  |  | **03:00** |  |  |  |
| **04:00** |  |  | **04:00** |  |  |  |
| **05:00** |  |  | **05:00** |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Day 4:**  |  | **Please record your first morning void** | **Time:** |  |  |  |

**Urge:**

0= no feeling to pass urine i.e. ‘just in case’ 3= strong urge, couldn’t wait 15 mins

1= mild urge, could wait an hour 4= ‘busting’, couldn’t wait 5 mins

2= moderate urge, could wait 30 mins

**ANALYSIS**

 Healthcare professional use only:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Time of day** | **Day 1** | **Day2** | **Day3** | **Average**  |
| **Fluid intake**  | **24hr**  |  |  |  |  |
| **3 hrs before bed** |  |  |  |  |
| **Urine Production**  | **24 hrs** |  |  |  |  |
| **Day** |  |  |  |  |
| **Night** |  |  |  |  |
| **Nocturnal Polyuria Index % (NPI )** |  |  |  |  |
| **Frequency**  | **24 hr** |  |  |  |  |
| **Day**  |  |  |  |  |
| **Night** |  |  |  |  |
| **Average day urine volume** |  |  |  |  |  |

 Print Full Name:

Signature: Date: