

Time and volume chart

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This handout provides information about how to use a frequency volume chart to help manage childhood enuresis. Three charts are provided for patients to fill in.

NAME: _____

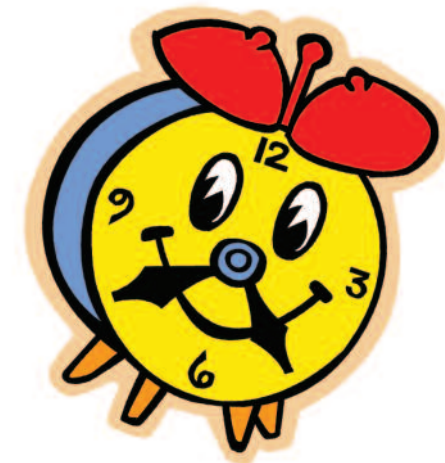
Using the charts on the next page, keep a record (day and night) of all the fluid that goes into your body (drinks) and all the fluid that comes out (wee) for three separate days (they do not have to be three days in a row). You can write things down in the comments section – e.g. 'I was bursting and drops of wee came out on the way to the toilet'.

Time: Each time you do a 'wee' or have a drink you must write it down and the exact time (e.g. 8.00 am – 100 mL). If you leak a bit of 'wee', you must write it down in the comments section with the exact time.

Drinks: How much and what did you drink? Try to use millilitres (mL) if you can. Before starting the chart, measure your favourite cup and glass (in mL) and then you will know the measurement each time (e.g. 8.00 am – 200 mL of water).

Wee: When you go to the toilet, measure how much wee comes out. Boys can use a measuring jug and girls can use an old ice cream container placed in the toilet, then pour contents into a measuring jug. Remember to measure if you get up at night time.

Pull up training pants: For three nights, weigh three pull up training pants (wet – dry weight in grams). This indicates how much urine is being passed during the night. You must also measure your first wee the next morning. What you wee into your pull ups, plus your first morning wee indicates the amount of urine your kidney makes overnight.



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