



The British Association of Urological Surgeons

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URINARY INPUT/OUTPUT CHART

FREQUENTLY-ASKED QUESTIONS

What is an output chart?

This chart is designed to assess how much fluid you drink, as well how much and how often you pass urine in a given 24-hour period. It will help us diagnose and treat your urinary symptoms.

You should fill in the chart over three to seven consecutive, fairly typical days; you can choose any days to suit yourself.

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 in the appropriate time-slot of the **"In"** column.

Each time you pass urine, measure the amount in your jug and record it in the **"Out"** column. If you are unable to measure the amount for any reason, simply put a tick in the appropriate box.

Put a line across each daily column at the time you go to bed, so we can tell how many times you have to get up at night to pass urine.



If you have any leakage by day or night, mark the box using one of the symbols below (under the column heading **"Wet"**):

- + 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 that you think are important, write them down on a separate piece of paper.

DATE	/ /			/ /			/ /			/ /			/ /			/ /						
DAY	1			2			3			4			5			6			7			
	In	Out	Wet	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																						
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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		In	Out		In	Out		In	Out		In	Out		In	Out		In	Out		

Your name and hospital number

Are there any other important points?

This booklet includes advice from specialists, the British Association of Urological Surgeons, the Department of Health and other sources. You should read this booklet with any advice your GP or other healthcare professional may already have given you. Alternative treatments can be discussed in more detail with your urologist or specialist nurse.

Disclaimer

While we have made every effort to be sure the information in this booklet is accurate, we cannot guarantee there are no errors or omissions. We cannot accept responsibility for any loss resulting from something that anyone has, or has not, done as a result of the information in this booklet.

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