

Urine frequency-volume chart interpretation

Normals:

- Around 250-400ml each time urine is passed
- About 3-4 hours between visits to the toilet.
- Most younger adults sleep through the night without needing to PU

Result	Possible underlying cause
Increased frequency with normal volumes	<ul style="list-style-type: none">• Excessive fluid intake• Exclude other causes of polyuria eg DM
Increased nocturnal fluid output	<ul style="list-style-type: none">• Excessive fluid intake• Consider nocturnal polyuria*
Reduced volumes with noticeable variations	Characteristic of OAB
Reduced volumes with <i>little</i> variation	RED FLAG: suggests bladder wall disease, such as carcinoma in situ

*can respond to dose of diuretic at 4pm