

## FREQUENCY/ VOLUME CHART

Please complete the confidential form at the back as accurately as possible.

Please note the time you pass your urine, and the volume passed. Any measuring jug will do for this purpose. Obviously when you are at work it may be inconvenient to measure the volume; in this case record only the time. However at other times please try to record both.

If you wet yourself at any time record the time and write underneath the letter "W".


Day-time means when you are up: Night-time when you are in bed.

An example is provided below to help you:-

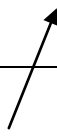
### Example

DAY	DAY-TIME				NIGHT-TIME		Number of pads used in 24hrs
	Time	Volume (ml).					
1	<u>7AM</u>	<u>1PM</u>	<u>6PM</u>	<u>11PM</u>	<u>3AM</u>	<u>6AM</u>	
	200	-	400	300	200	W	
2							

At work, couldn't  
Measure volume



wet at  
6 AM



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FREQUENCY/ VOLUME CHART

Patient Name: \_\_\_\_\_

Next appointment date: \_\_\_\_\_

DAY	<u>Time</u> Volume (ml).	DAY-TIME	NIGHT-TIME	Number of pads used in 24hr period
1				
2				
3				
4				
5				
6				
7				

\*Instructions on the other side \*

- What is your AVERAGE DAILY FLUID INTAKE (in 8oz cups or ml)? \_\_\_\_\_
- At what time do you go to sleep? \_\_\_\_\_ PM
- At what time do you wake up in the morning? \_\_\_\_\_ AM

**\*For office use only!** 1st morning void is part of nocturnal urine volume!

Morning voided urine volume: _____ ml	Actual number of nightly voids(ANV): _____
Nocturnal urine volume(NUV): _____ ml	Predicted # of nightly voids(PNV = Ni-1): _____
Maximum voided volume(MVV): _____ ml	Nocturnal bladder capacity index(NBCi): _____
Nocturia Index (Ni = NUV/MVV): _____	(NBCi = ANV-PNV) Higher NBCi=lower night-time capacity