Urinary frequency–volume chart

Date/time	Fluid intake (ml)	Urine volume (ml)	Comment

Use the chart to note the volumes and times when fluid is drunk or urine is passed.

Comment on the type of fluid ingested, the accuracy of measurement, and on circumstances that might make the frequency or volume unusual.

Urine volume can be conveniently measured weighing it. The volume of urine in mls is the same as its weight in grams. Collect the urine into a wide-necked bottle; weigh the bottle with the urine, and subtract the weight of the empty bottle.

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