

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

## FREQUENCY VOLUME CHART (FVC)

DATE	/ /			/ /			/ /			/ /			/ /			/ /			
	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	IN	OUT	WET	
	(mL)	(mL)		(mL)	(mL)		(mL)	(mL)		(mL)	(mL)		(mL)	(mL)		(mL)	(mL)		
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**If you notice worsening in symptoms, please consult your GP**

# How to use a Frequency Volume Chart (FVC)

The FVC records how often you pass urine by day and by night. The chart should be completed over 3–7 consecutive days, recording how much you drink and the urine you pass over a 24-hour period (including overnight)

## What you will need:

- Measuring jug to measure the volume of urine passed – this should be calibrated in mL and hold at least 500 mL
- FVC to complete throughout the day and at night

## What you need to do:

- Record how much you drink (preferably in mL) record this in the ‘in’ section
- Each time you pass urine, measure the amount passed in the measuring jug and record it in the ‘out’ section
- Put a line on the chart at the time you go to bed so it can be seen how many times urine has been passed during the night
- If there is any leakage, you must mark the ‘wet’ box accordingly:
  - + for a small amount
  - ++ for a medium amount
  - +++ for a large amount

**Please bring your completed FVC chart with you to your next clinic appointment for your GP to interpret.**

The form is titled 'FREQUENCY VOLUME CHART (FVC)'. It includes a 'Name:' field at the top. The main grid has columns for 'DATE' and 'TIME'. The 'DATE' column lists dates from 10/04/09 to 16/04/09. The 'TIME' column lists times from 08.30 to 22.00. The grid is divided into sections for 'IN (mL)', 'OUT (mL)', and 'WET'. The 'WET' section has sub-columns for '+', '++', and 'x'. A vertical line is drawn at 22.00 to indicate bedtime. The footer contains the text 'If you notice worsening in symptoms, please consult your GP' and 'Prepared by GlaxoSmithKline'.