

## BLADDER CHART INSTRUCTIONS

Measure all drinks and wees for 48hrs. Two consecutive days is ideal. Having minimal outings (where you would normally urinate) is easier but unnecessary. If consecutive days aren't manageable, measure 2x day/night/1<sup>st</sup> morning-wee cycles.

Each bladder function table starts with your first morning wee, and records all voids for that day and night. Even a 2am void (technically the next date), is recorded in the same box. Start a new box when you wake up for a new day.

Time woke up: (to stay awake for the day)

Temp = maximum that day e.g. 32°

Activities e.g. work, run, gardening

Interval: how long since the last wee.

Urge Rating: how strong was your urge to wee (0-4):

0 = no sensation of urine in the bladder at all. No urge to wee

1 = sensation of some urine but no desire to wee (ie could delay an hour)

2 = mild-moderate desire to wee (ie could delay 30min)

3 = strong desire to wee (ie could not delay > 15mins)

4 = urgent desire to wee (ie could not delay 5mins) = "urgency"

Urine Volume: ladies – wee into a large container placed in the toilet bowl, then pour into a measuring jug. Men – wee directly into a measuring jug. Record in mLs. Sometimes it's possible to measure a wee on outings, or despite a bowel motion on the same toilet trip. If not, just estimate the urine volume and put an asterix e.g. 150mL\*.





Comments e.g.

BO (bowel opened)

Triggers for urgency e.g. shower, key in door, sudden cold, standing up

Hovering

!U4! = spontaneous urgency with no apparent trigger

Painful/burning

IE = Didn't feel empty

Push to start

Leakage – Leave blank if dry. Record amount (D,W,S) or net pad weight & cause of leak e.g. urgency, cough, sneeze, lift, bend, sex...

Damp ("D") = few drops (10-20c piece) on undies

Wet ("W") = ≥50c piece - undies quite damp

Soaked ("S") = damp/wet outer clothes.

Fluid intake - please measure your usual glasses/bottles once so that your records are accurately informed. Record in mLs/CC

# ALCHEMY IN MOTION



## EXAMPLE

Date 22/06/19 Day Sat Time woke up 6:30am Time to sleep 10pm Temp 32° Activities Golf 9-12, shopping, beach

BLADDER FUNCTION					
Time	Interval	Urge (0-4)	Urine Vol	Comments	Leakage (DWS)
6:30		3	400		
6:45	15min	3	50	BO	
8:45	2	1	150	Push start	
1:30	4hr 45min	2	200		
2:30	1	4	200	!U4!	W - urgency
3:15					D - laugh
4:00	1.5	1 1/4	100*	Feet in sea	
5:00	1	2 1/4	100	Key in door	S - urgency
7:30	2.5	3	350		
10:00	2.5	1	200		
2am	4	3	500		

FLUID INTAKE		
Time	Type	Volume
6:30	coffee	250
9 - noon	water	200
1:45	water	500
2:15	tea	250
5:30	green tea	300
7:00	wine	300
9:00	water	200
9:50	water	100

Acknowledgement to WHTA 2014, OKabikwa & JNyman 2018

## DAY 1

[illegible][illegible]

Time woke up \_\_\_\_\_

Time	Interval	Urge (0-4)	Urine Vol	Comments	Leakage (DWS)

Date\_\_\_\_\_ Day\_\_\_\_\_

\_\_\_\_\_Temp\_\_\_\_\_ Activities\_\_\_\_\_

[illegible][illegible]

**A L C H E M Y**  
I N M O T I O N



DAY 3 (1<sup>st</sup> morning void only) Date\_\_\_\_\_ Day\_\_\_\_\_ Time woke up \_\_\_\_\_

Time	Interval	Urge (0-4)	Urine Vol	Comments	Leakage (DWS)