



## Fluid Balance Chart (example)

Time	Drink	Wee	Wet	Comments – urgency
eg 08:00 am	A cup = 250ml	eg 100ml measuring jug or mark out a disposable cup	Wet or dry	eg Bladder full but could hold on Could hold on a few minutes Could not hold on laughing, coughing, sneezing, running water, etc
Day 1	Saturday			
08:00 am		150	Bed dry	
08:20 am	80			Milo
11:00 am	50			Water fountain
12:30 pm	100			Juice
3:30 pm		80	Wet	Busting
5:00 pm	150			Cola
6:00 pm		50	Dry	Had to run
7:00 pm		50	Dry	Had to run
8:00 pm	200			Thirsty
8:30 pm		100	Dry	Bedtime
Day 2	Sunday			
09:00 am		100	Wet	
09:20 am	80			Milo
12:00 pm	100			Juice
1:30 pm		80	Dry	Busting
3:00 pm		30	Wet	Ran to toilet
5:00 pm	120			Cordial
6:00 pm	100	100	Dry	Water
9:00 pm		100	Dry	Bedtime