

# PHYSIO4ALL

revitalise – bounce – be healthy

## **BLADDER CHART**

Please complete the table below for 3 consecutive days. This will allow me to analyse which type of incontinence you may have and what may be aggravating your condition. Please remember to complete the chart prior to your first consultation and bring it along with you when you see me.

Day 1:

TIME	INTAKE	*OUTPUT	SYMPTOM
TOTALS			

Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060  
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Steve Felsher and Associates  
ABN: 77 548 297 578

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Day 2:

TIME	INTAKE	*OUTPUT	SYMPTOM
TOTALS			

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Day 3:

TIME	INTAKE	*OUTPUT	SYMPTOM
TOTALS			

Please note: Output must be measured in millilitres using a measuring jug. This may mean you have to take the jug out with you for 3 days should you be using the toilet outside of your home. It is important to get an accurate measure of how urine much your bladder can store.

Symptoms include: leaking before you made it to the toilet, if you were 'busting', if there was a sudden urge to go, if there was a stimulus that brought the need to go on.

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DAY 1				DAY 2			
TIME	INTAKE	OUTPUT	SYMPTOM	TIME	INTAKE	OUTPUT	SYMPTOM
8.25		75mls	Running to toilet	7.05	125 tea	75	busting
8.35		75	Clutching with hand	9.20		150	Urge+leak
9.20	250 tea			10.35	75 juice	30	
11.25		75	Woken from nap	12 noon	75 water		
11.40	125 water	30 mls	Washing hands	12.30		30ml	
12.20		75		1.30	125 water		
12.40	125	30		1.45	350 tea		
1.25	350 Tea			2		30	Leaked on way
2.30		75ml		4.50		75	
2.45		75ml	At washing machine	5.55		50	
3.35	125 water	50ml	Changed pad	6pm	125 tea		
5.50		60mls	Just made it!	7		50	
6.00		30	Had to go back in!	7.30		75	
6.45	350 tea			7.40	125 tea		
7.15	125 wine			10	150 hot milk	75	Before my tv show
7.30		75mls	busting	10.50		100	
9.25		100	Leaked on way	11.20	50 nip		
10.15	200 tea			12.35	75 water	50	Bed time
10.20		30ml		2.05 am			
11		30		2.10		75	Woken by urge
11.30		75ml	Bed time	2.12		30	Wash hands – did more
12.15		50ml		3.40		75	
1.15		75		5.50		75	
3.00		30		7am		150	
4.20		75	Cross legged				
5 am		75	Just made it				
<b>Totals</b>	1650mls	1285mls		<b>Totals</b>	1075	1094	

*note: no chris  
- low volume wine  
- frequency, frequency  
- alcohol*

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