# Continence Service Fluid Balance Chart

*Patients’ details or sticker.*

Name:

Date of Birth:

Hospital Number:

NHS Number:

Consultant:

## Before you start

* Measure the volumes of the cups, mugs and glasses you use by filling them to the normal level and pouring them into a kitchen measuring-jug.
* To remember these volumes, record them here:
  + Cup = …………ml
  + Mug = …………ml
  + Glass = …………ml
  + Other = …………ml
* **Key:**
  + C = coffee or coke
  + T = tea
  + W = water
  + S = soft drink
  + M = milk
  + A = alcohol
  + F = fizzy
  + O = other

## Filling in the chart

* **Time**:
  + Put entries in the half-hour time slot in which they occurred
  + Put drinks in the time slot when the drinks were started
  + If you’re worried that some entries happened on the hour or half-hour, just enter them on the line between slots
* **In:** Enter the volume of drink and the type of drink  
  (using the key)
* **Out:** Put the volume passed. Measure this using a kitchen measuring jug
* **Leak:** In the activity column, write the activity that made you leak
* **Bowels:** If you open your bowels please put a ‘B’ in the out column
* **Totals:** Add up the in and out totals at the end of each day

**Example chart:**

Day: …*Wednesday*… Date: …*22*… / …*03*… / 20…*00*…

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| **AM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** | **Totals** |
| **In** |  |  |  |  |  |  |  |  |  |  |  |  |  | ***350W*** |  |  |  |  |  |  | ***330F*** |  |  |  |  |
| **Out** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ***220*** |  |  |  |  |  | ***430*** |  |  |  |  |
| **Leak** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ***sitting*** |  |  |  |  |  |  |
| **PM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** | **Totals** |
| **In** |  | ***350S*** |  |  |  |  |  |  |  |  |  | ***230T*** |  |  |  |  |  |  |  |  | ***410C*** |  |  |  |  |
| **Out** |  |  |  | ***210*** |  |  |  |  |  |  | ***500*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Leak** |  |  |  | ***cough*** |  |  |  |  |  |  |  |  |  |  |  | ***standing*** |  |  |  | ***370*** |  |  |  |  |  |

Day: …………………… Date: ………… / ………… / 20…………

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| **In** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Out** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Leak** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **PM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** |  |
| **In** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Out** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Leak** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Day: …………………… Date: ………… / ………… / 20…………

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| **AM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** | **Totals** |
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| **PM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** |  |
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| **AM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** | **Totals** |
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| **PM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** |  |
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| **AM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** | **Totals** |
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| **PM** | **12.00** | **12.30** | **1.00** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | **8.30** | **9.00** | **9.30** | **10.00** | **10.30** | **11.00** | **11.30** |  |
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