

Contenance Service Fluid Balance Chart

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

Patients' details or sticker.

Name:

Date of Birth:

Hospital Number:

NHS Number:

Consultant:

Example chart:

Day: ...Wednesday... Date: ...22... / ...03... / 20...00...

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					

