

IMPORTANT: Before your appointment with Professor Moore would you please complete the 3 day bladder chart (and bring it with you to your appointment) as this greatly assists in assessing your problem.

Please also bring your General Practitioner's referral letter, plus any x-rays, ultrasounds relating to your condition (including any urine results).

Could you please telephone this office (9113 2054) at least 5 days prior to your appointment to confirm your attendance.

3 Day (72 hours) Bladder Chart

Example:

Day 1

Time	Amount & type of fluid in	Time	Amount of urine passed	Comments, e.g. leakage, urge pain, burning etc.
		7.00 am	300mls	Urge plus leaking
7.45 am	200ml water			
7.45 am	250ml tea			
9.30 am	200mls tea			
		9.45 am	150mls	Coughing with leaking

Column 1 Time

Column 2 What fluid you drink
How much fluid you drink

Column 3 Time

Column 4 Amount of urine passed. You will need to have a plastic jug to measure your urine. The jug can be held between your legs as you sit down to pass urine. You may need to practise this before you start the chart. A plastic jug may be purchased for about \$2 from the Two Dollar Shop.

Column 5 Comment means any additional information that can describe your symptoms and assist us in assessing your problem. This may include statements such as:

- *Leaking – leaking with coughing, leaking with laughing, leaking with exercise or leaking when standing up.*
- *Urge – need to rush to get to the toilet.*
- *Urge plus leaking – rushing to the toilet and leaking before getting there.*
- *Pain – constant, only on voiding, dull ache in stomach.*
- *Burning on passing your urine.*
- *Bowel problems, faecal incontinence.*
- *Any other comments you feel help describe your problem.*

Remember to put your name at the top of the page and the date.

If you have any problems completing this chart, please telephone us on 9113 2054.

NAME:

BLADDER CHART – DAY 1

Date: / /

[illegible]

BLADDER CHART – DAY 2 **Date:** / /

Date: / /

[illegible]

BLADDER CHART – DAY 3 **Date:** / /

Date: / /

[illegible]