
Input/output chart: frequently-asked questions

What is an output chart?

This chart is designed to assess how often you pass urine by day and by night. It will help us diagnose and treat your urinary symptoms.

The chart should be completed over 7 consecutive, fairly typical days (choose any 7 days to suit you).

What do I need to fill in the chart?

You will need a measuring jug in order to measure the urine you pass. This should be calibrated in millilitres (ml) and should hold at least 500ml.

How do I fill in the chart?

Record how much you drink (in millilitres, if possible) and enter this into the appropriate time-slot of the "In" section.

Each time you pass urine, measure the amount in your jug and record it in the "Out" section. If you are unable to measure the amount for any reason, simply tick the appropriate box.

Put a line on the chart at the time you go to bed, so that we can tell how many times you have to get up at night to pass urine.

What do I do if I have any urine leakage?

If you have any leakage, please mark the box accordingly:

- + for a small amount
- ++ for a moderate amount
- +++ for a large amount

What should I do with the completed chart?

Please bring this chart with you when you come to your next clinic appointment (with your Urologist or Specialist Nurse).

If there are any other points which you think are important, write them down on a separate piece of paper.

Who can I contact for more help or information?

Oncology Nurses

- Uro-Oncology Nurse Specialist
01223 586748
- Bladder cancer Nurse Practitioner (haematuria, chemotherapy & BCG)
01223 274608
- Prostate cancer Nurse Practitioner
01223 216574

Non-Oncology Nurses

- Urology Nurse Practitioner (incontinence, urodynamics, catheter patients)
01223 274608 or 586748

Patient Advice & Liaison Centre (PALS)

- Telephone
+44 (0)1223 216756 or 257257
+44 (0)1223 274432 or 274431
- PatientLine
*801 (*from patient bedside telephones only*)
- E mail
pals@addenbrookes.nhs.uk
- Mail
PALS, Box No 53
Addenbrooke's Hospital
Hills Road, Cambridge, CB2 2QQ

Chaplaincy and Multi-Faith Community

- Telephone
+44 (0)1223 217769
- E mail
derek.fraser@addenbrookes.nhs.uk
- Mail
The Chaplaincy, Box No 105
Addenbrooke's Hospital
Hills Road, Cambridge, CB2 2QQ

MINICOM System ("type" system for the hard of hearing)

- Telephone
+44 (0)1223 274604

Access Office (travel, parking & security information)

- Telephone
+44 (0)1223 586969

Other information

This patient information leaflet provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.

How can I get information in alternative formats?

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Portuguese Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

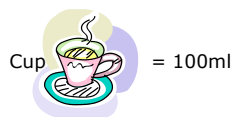
Russian Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Cantonese 若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Turkish Bu bilgiyi diğer dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya aşağıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Bengali এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

DATE DAY	/ /			/ /			/ /			/ /			/ /			/ /					
	1			2			3			4			5			6			7		
	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet	In	Out	Wet
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07.00																					
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Your name and hospital number (if known).....



Addenbrooke's is smoke-free. You cannot smoke anywhere on the site. Smoking increases the severity of some urological diseases and increases the risk of post-operative complications. For advice on quitting, contact your GP or the NHS smoking helpline free on 0800 169 0 169

Document history

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