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## Urology department

# 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 seven consecutive, fairly typical days (choose any seven 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.

Tick the wet session if you leak or incontinent and use a pad.

### 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

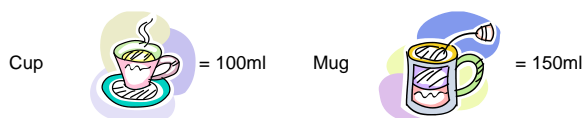
+++ for a large amount

### 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.

# Patient Information

DATE	/ /			/ /			/ /			/ /			/ /			/ /						
	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	
06.00																						
07.00																						
08.00																						
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18.00																						
19.00																						
20.00																						
21.00																						
22.00																						
23.00																						
M'night																						
01.00																						
02.00																						
03.00																						
04.00																						
05.00																						
<b>TOTAL</b>	<b>In</b>	<b>Out</b>	<b>Wet</b>	<b>In</b>	<b>Out</b>	<b>Wet</b>	<b>In</b>	<b>Out</b>	<b>Wet</b>	<b>In</b>	<b>Out</b>	<b>Wet</b>	<b>In</b>	<b>Out</b>	<b>Wet</b>	<b>In</b>	<b>Out</b>	<b>Wet</b>	<b>In</b>	<b>Out</b>	<b>Wet</b>	



Your name ..... and hospital number (if known).....

## Who can I contact for more help or information?

### Oncology nurses

#### Uro-oncology nurse specialist

01223 586748

#### Bladder cancer nurse practitioner (haematuria, chemotherapy and BCG)

01223 274608

#### Prostate cancer nurse practitioner

01223 274608 or 216897 or bleep 154-548

#### Surgical care practitioner

01223 348590 or 256157 or bleep 154-351

### Non-oncology nurses

#### Urology nurse practitioner (incontinence, urodynamics, catheter patients)

01223 274608 or 586748 or bleep 157-237

#### Urology nurse practitioner (stoma care)

01223 349800

#### Urology nurse practitioner (stone disease)

01223 349800 or bleep 152-879

#### Patient advice and liaison service (PALS)

Telephone: +44 (0)1223 216756

PatientLine: \*801 (from patient bedside telephones only)

email: [pals@addenbrookes.nhs.uk](mailto: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

email: [chaplaincy@addenbrookes.nhs.uk](mailto:chaplaincy@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 217589

#### Access office (travel, parking and security information)

Telephone: +44 (0)1223 596060



We are smoke-free: smoking is not allowed anywhere on the hospital campus. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

## Other formats:



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<https://www.cuh.nhs.uk/contact-us/accessible-information/>

## Document history

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