MEASURING OVERNIGHT URINARY VOLUMES

NAME:
INSTRUCTIONS:

- **WE WANT TO TRY AND FIND OUT HOW MUCH PEE YOUR KIDNEYS MAKE AT NIGHT-TIME**
- **WE NEED TO MEASURE THIS FOR 7 NIGHTS**
- **PEE BEFORE GOING TO BED IN THE TOILET and record this with a tick and note the time**
- **TAKE YOUR MEDICINE IF YOU HAVE BEEN PRESCRIBED SOME and record with a tick**
- **WEAR A PULL-UP TO BED**
- **WEIGH THE WET PULL-UP IN THE MORNING AND RECORD THE WEIGHT in grams**
- **IF YOU DO NOT HAVE SCALES AT HOME, PUT THE PULL -UP IN DOUBLE PLASTIC BAGS AND KEEP IN A COOL PLACE THEN BRING TO CLINIC**
- **REMEMBER TO DO YOUR FIRST PEE WHEN YOU WAKE UP INTO A JUG (even if you do not need one) AND WRITE DOWN THE VOLUME**
- **ONE GRAM OF WEIGHT IS EQUIVALENT TO ONE ML OF PEE**

BEFORE YOU START: WEIGH ONE DRY PULL-UP AND WRITE DOWN THE WEIGHT HERE: _____grams

NIGHT		NIGHT 1	NIGHT 2	NIGHT 3	NIGHT 4	NIGHT 5	NIGHT 6	NIGHT 7
BEFORE BED At NIGHT	**PEE (√ and time)**	☐ :	☐ :	☐ :	☐ :	☐ :	☐ :	☐ :
	MEDICINE √	☐	☐	☐	☐	☐	☐	☐
GETTING UP IN MORNING	**FIRST PEE Write down the volume/ mls**							
	+	+	+	+	+	+	+	+
	Weigh wet NAPPY (g)							
=								
SUBTRACT DRY WT.	–	–	–	–	–	–	–	–
=OVER NIGHT PEE VOL								