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## ENDOCRINOLOGY PATIENT INFORMATION

### FLUID BALANCE CHART

A fluid balance chart can help your doctor make an assessment of your thirst, how much you drink, and how much and when you produce urine. It forms part of the information your doctor will use to determine the cause of your symptoms.

Thirst and/or passing water can indicate diabetes mellitus or insipidus, or over-drinking (primary polydipsia), as well as urinary tract disease.

#### How to complete the fluid balance chart

Fill in the fluid balance chart as carefully as possible for two days in the week, including two full night volumes.

- For each day record what and how much you drink (in ml or cups), and when you drink it.
- Use a jug to measure the amount of urine you pass and record. Record the amount on the chart.
- Pass water at 11pm and 7am (or as soon as practical afterwards) and record these – this allows a measure of urine produced at night.
- Record your thirst if you drink or are aware of it at other times from 0 (no thirst) – 10 (the most thirst)

Below is an example of how to complete the fluid balance chart:

Time	Volume In	Volume Out	Thirst	Notes
07.00		450 ml		
08.30	Tea 1 cup		1	
10.45		250 ml		
11.00	Water 1 cup		7	Before meeting
14.10		320 ml		
14.50	Drink 375 ml		9	After Jog

