

My fluid record – after bladder surgery

Measuring your urine helps us know if you are emptying your bladder well. Please keep track of how much urine you pass. About 4 times a day, your nurse will check how much urine is left in your bladder after you pass urine.

❑ After your foley catheter has been taken out:

- Tell your nurse after passing urine and measure your urine each time you use the bathroom.
- The nurse will use an “in and out” catheter to check how much urine is left in your bladder the first 2 times you pass urine and then about 4 times a day. This catheter is not left in place.
- Once your bladder is emptying well, the nurse will no longer need to check your bladder with the catheter.

How do I measure my urine?


Every time you use the bathroom:

- Put the collection hat in the toilet.
- Pass urine. Note the amount of urine in the hat (in mls, not ounces).
- Empty and rinse the hat.
- Wash your hands.
- Write the amount of urine in the “URINE” column.

What else should I do?

- The first time you get up, call the nurse for help. Your safety is important.
- Try to empty your bladder often. Emptying your bladder regularly can prevent problems.
- Tell your nurse if you have any trouble passing urine or you become very uncomfortable.

My fluid record



	URINE	Passed gas	Bowel movement
8 am	250 ml	✓	✓

Example:

Between 7 and 8 am you:

- Passed 250 ml of urine
- Passed gas and had a bowel movement

Record the amount of urine each time you go.

	URINE	Passed gas	Bowel movement		URINE	Passed gas	Bowel movement
7 am				7 pm			
8 am				8 pm			
9 am				9 pm			
10 am				10 pm			
11 am				11 pm			
12 pm				12 am			
1 pm				1 am			
2 pm				2 am			
3 pm				3 am			
4 pm				4 am			
5 pm				5 am			
6 pm				6 am			
7 am				7 pm			

If you have any trouble passing urine, tell your nurse.