VOIDING DIARY

PATIENT:

ADDRESS:

PHYSICIAN NAME: _____

REFERRING PHYSICIAN: _____

TEL.:(W):

TEL.:(H):

	DAY 1 DATE: _____					DAY 2 DATE: _____					DAY 3 DATE: _____			
	TIME	VOL mL/S/A/L	LEAK S/A/L	PROTECTION		TIME	VOL mL/S/A/L	LEAK S/A/L	PROTECTION		TIME	VOL mL/S/A/L	LEAK S/A/L	PROTECTION
day					day					day				
night					night					night				
TOTAL														

T = total **S** = small **A**= average **L** = large

SEE REVERSE FOR INSTRUCTIONS

The form can be folded, but most importantly, remember to return it to your doctor.

INSTRUCTIONS

VOIDING DIARY

This voiding diary is one of the most important tools to help you and your doctor better define your condition and therefore choose the best possible treatment. Please complete this voiding diary as accurately as possible for 3 consecutive days (day and night). Return the completed sheet at your next appointment.

HOW TO COMPLETE THE DIARY

1 Record the time you went to the bathroom and amount of urine voided in mL (or oz). (Any graduated container can be used to measure the amount of urine output).

2 In some situations, for example when shopping or at a movie, it may not be possible to measure the amount of urine output. In these circumstances, record the time you emptied your bladder and specify whether the volume was small (S), average (A), or large (L).

3 If you lose control of your bladder involuntarily (incontinence), record the time that the incident occurred and mark in the appropriate column whether the volume leaked was small (S), average (A), or large (L).

4 If you experience leakage and need to change your protective product or your underwear, mark an X in the protection column and record each time you have to change protective product or underwear.

EXAMPLE

DAY 1 DATE:_____

	TIME	VOL mL/S/A/L	LEAK S/A/L	PROTECTION
day	6:45 am	200		
	8:30 am	300		X
	10:00 am		S	
	10:30 am		S	
	11:00 am	175		X
	12:00 pm	S		
	12:30 pm		A	
	1:10 pm			X
	2:00 pm	250		
	2:30 pm		S	
	3:20 pm	200		
	4:50 pm		S	
	5:50 pm	200		X
	9:00 pm	150		
night	1:00 am		L	X
	4:15 am	125		

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