

Instructions for Completing a 1 to 3 day Voiding Diary

-Print your name and the date you start the diary on the top of the form

-for one to three 24-hour periods (they can be nonconsecutive) you will keep track of what/how much you drink and how much comes out of your bladder each time you urinate or catheterize yourself.

-Start with your FIRST void or catheterization when you wake up, tracking the volume every time you urinate/empty your bladder AND the volume of everything you drink (including if you wake up at night to have a drink or urinate). Do so up to and including the first void or catheterization when you wake up the following day.

-it doesn't have to be perfect, do the best you can. The diary gives us an important idea of how your bladder functions at home and how much it can hold.

How to Record the Diary

Time of day: Circle your waking up time and your bedtime. Write down the time for every time you drink, empty your bladder, leak and change your incontinence pad or pullup

Fluid Intake: Write the time, amount, and WHAT TYPE of fluid your drink for the entire time period. You can use ounces, cc's or milliliters or what ever measurement unit is on the container.

Toilet Voids: If you urinate without a catheter, use the urinary hat provided to measure how much you urinate each time you have to empty your bladder. You can measure in ounces or milliliters. Then just empty the urine into the toilet, so the hat is ready for the next time you urinate.

Amount of Urine Drained Via Catheter: If you use a catheter to empty your bladder, use the hat or receptacle provided to measure the amount of urine drained each time you catheterize.

Please Note: if you BOTH urinate and then catheterize yourself, please urinate FIRST and record that amount (Toilet Void) and THEN CATHETERIZE second and record that amount (Drained Via Catheter)

Leaks: Put a check mark or X in this column for every time you leak and write down the time of occurrence.

Pad Changes: If you use incontinence pads or pullups, mark each time you change them due to incontinence. Write down if the pad had a small, moderate, or large degree of **wetness** when you changed it.

