Voiding Diary

In order for your physician to diagnose your level of incontinence, he or she should first ask you about your symptoms and medical history. Your pattern of voiding and urine leakage may suggest the type of incontinence you have. Attends suggests keeping a Daily Voiding Diary for a minimum of three (3) days to establish a clearer assessment of your personal condition. Take your completed diary with you to your next doctor appt.

INSTRUCTIONS

- Print this diary and complete it for the next three days.
- Record the dates at the top of each chart.
- Record data in the Charts as follows:

Column 1: Record the time of day for every void or fluid intake that occurs each day.

For any fluid intake...

Column 2: Simply indicate what you drank and how much.

For any voids or leakage...

Column 3: Indicate whether you used the toilet or experienced involuntary leakage.

Column 4: Indicate the level of fluid output with a 1, 2 or 3 - 1 being a few drops, 3 being bladder emptied completely.

Column 5: Note your activity at the time of or just prior to any void.

Column 6: Record whether there was an urge or not.

DAY 1:

1 TIME	2 INTAKE	3 TOILET OR LEAKAGE?	4 LEAKAGE LEVEL (1 to 3)	5 ACTIVITY (exercising, sleeping, coughing, etc)	6 WAS THERE AN URGE?
Examples:					
7:00am		toilet	3		yes
8:15am	1 cup coffee				
10:00am		leakage	2	shopping	no

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DAY 2:

1	2	3	4	5	6
TIME	INTAKE	TOILET OR LEAKAGE?	LEAKAGE LEVEL (1 to 3)	ACTIVITY (exercising, sleeping, coughing, etc)	WAS THERE AN URGE?

DAY 3:

1	2	3	4	5	6
TIME	INTAKE	TOILET OR LEAKAGE?	LEAKAGE LEVEL (1 to 3)	ACTIVITY (exercising, sleeping, coughing, etc)	WAS THERE AN URGE?

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