Urinary Diary

How do I complete the urine diary?

Urine Diary is to be completed over a period of 3 days and 3 nights. Each morning when you get up, start the diary and continue throughout the day and night.

1. **Time:** In this column carefully note the time that you go to the toilet.
2. **Amount:** Measure the amount of urine you pass (in milliliters), every time you go to the toilet and write down in this column. Any ordinary measuring jug can be used for this.
3. **Urgency:** Each time if you feel that you had to rush to the toilet for fear of leaking, please tick this column.
4. **Leak:** If you leak any urine at any time, record the time and tick this column.
5. **Comments:** Use this column to write down anything you think could have influenced your bladder eg: cold weather, running water, bowel movement etc.
6. **Fluid Intake:** Record the time, type and amount of fluid you drink. Include water, coffee, tea, alcohol etc.
7. If you are unable to measure your urine eg. while out shopping, then just record the time.
8. It is very important that that you complete this diary with honesty and accuracy.

Day 1 | Date:

Time	Amount	Urgency	Leak	Comment	Fluid Intake

Night 1 | Date:

Time	Amount	Urgency	Leak	Comment	Fluid Intake

Day 2 | Date:

Time	Amount	Urgency	Leak	Comment	Fluid Intake

Night 2 | Date:

Time	Amount	Urgency	Leak	Comment	Fluid Intake

Day 3 | Date:

Time	Amount	Urgency	Leak	Comment	Fluid Intake

Night 3 | Date:

Time	Amount	Urgency	Leak	Comment	Fluid Intake