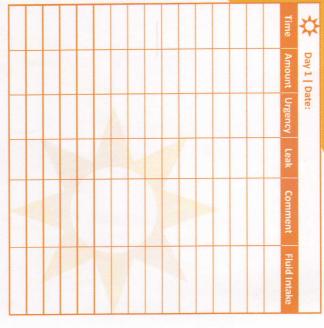
Urinary Diary



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										Amount Urgency Leak	Date:	
										Comment Fluid Intake		
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How do I complete the urine diary?

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

- Time: In this column carefully note the time that you go to the toilet.
- you go to the toilet and write down in this column. Any ordinary measuring jug can be used for this. Amount: Measure the amount of urine you pass (in milliliters), every time
- Urgency: Each time if you feel that you had to rush to the toilet for fear of leaking, please tick this column.

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								Amount Urgency Leak	Day 2 Date:
								Urgency	ate:
								Leak	
								Comment	
								Fluid Intake	

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								Amount Urgency Leak	Night 2 Date:
								Urgency	Date:
								Leak	
								Comment	
April principal participation of the control of the								Comment Fluid Intake	

- 5. Leak: If you leak any urine at any time, record the time and tick this column.
- influenced your bladder eg: cold weather, running water, bowel movement etc. Comments: Use this column to write down anything you think could have
- Fluid Intake: Record the time, type and amount of fluid you drink. Include water, coffee, tea, alcohol etc.
- If you are unable to measure your urine eg. while out shopping, then just record the time.
- It is very important that that you complete this diary with honesty and accuracy

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								Amount Urgency	Date:										Urgency	Date:
								Leak											Leak	
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