VOIDING DIARY

Use this diary to record how much fluid you drink and how much urine you pass each time you go to the toilet. You can easily measure the amount of urine with a measuring cup. Indicate any sudden urge to urinate or episodes of incontinence. This information can help your doctor in managing your symptoms. An example of how to use the diary is shown. Use a new page each day.

time	**Drinks (type and amount)**	**Urine volume (ml)**	**Was there a sudden urge to urinate?**		**Was there any incontinence?**	
EXAMPLE	1 cup of tea, 100cc	400 cc	YES	NO	YES	NO
06.00			YES	NO	YES	NO
07.00			YES	NO	YES	NO
08.00			YES	NO	YES	NO
09.00			YES	NO	YES	NO
10.00			YES	NO	YES	NO
11.00			YES	NO	YES	NO
12.00			YES	NO	YES	NO
13.00			YES	NO	YES	NO
14.00			YES	NO	YES	NO
15.00			YES	NO	YES	NO
16.00			YES	NO	YES	NO
17.00			YES	NO	YES	NO
18.00			YES	NO	YES	NO
19.00			YES	NO	YES	NO
20.00			YES	NO	YES	NO
21.00			YES	NO	YES	NO
22.00			YES	NO	YES	NO
23.00			YES	NO	YES	NO
00.00			YES	NO	YES	NO
01.00			YES	NO	YES	NO
02.00			YES	NO	YES	NO
03.00			YES	NO	YES	NO
04.00			YES	NO	YES	NO
05.00			YES	NO	YES	NO