

## VOIDING DIARY INSTRUCTIONS

The diary will give us an excellent picture of your bladders functions habits and patterns. It will be much more accurate if you fill it out as you go though the day. The time column is divided into 24 rows each representing 1 hour. All events should be recorded in the appropriate row according to the hour in which they occur.

- All voiding documentation that occurs between 10 and 11 pm should go in the 10 pm row. A void that occurred at 7:45 am would be recorded with a check in the 7:00 am box in the urination column. If leakage also occurred after urination there would also be a check in the leakage after urination column.

	Urination	Leakage after urination	Urgency prior to urination
7:00 am	✓	✓	
8:00 am			
9:00 am			
10:00 am			

- If there were three voids and two episodes of leakage after urination between the hour of 7 and 8 am the documentation would be as below

Time	Urination	Leakage after urination	Urgency prior to urination
7:00 am	✓✓✓	✓✓	
8:00 am			
9:00 am			
10:00 am			

- Place a check  the urgency column if you feel a strong urge to use the restroom prior to voiding. For example if you had a strong urge to void at 9:05 am and had a second strong urge to void at 9:20 am followed by urination your diary would be filled out as below

Time	Urination	Leakage after urination	Urgency prior to urination
7:00 am			
8:00 am			
9:00 am	✓		✓✓
10:00 am			

Day:	Date:		
	URINATION	POST URINATION LEAKAGE	URGENCY PRIOR TO URINATION
<b>7:00 am</b>			
<b>8:00 am</b>			
<b>9:00 am</b>			
<b>10:00 am</b>			
<b>11:00 am</b>			
<b>12:00 pm</b>			
<b>1:00 pm</b>			
<b>2:00 pm</b>			
<b>3:00 pm</b>			
<b>4:00 pm</b>			
<b>5:00 pm</b>			
<b>6:00 pm</b>			
<b>7:00 pm</b>			
<b>8:00 pm</b>			
<b>9:00 pm</b>			
<b>10:00 pm</b>			
<b>11:00 pm</b>			
<b>12:00 am</b>			
<b>1:00 am</b>			
<b>2:00 am</b>			
<b>3:00 am</b>			
<b>4:00 am</b>			
<b>5:00 am</b>			
<b>6:00 am</b>			