



VOIDING DIARY INSTRUCTIONS

Enclosed is a voiding diary, a record of the fluids you drink and the fluids you urinate over three days. These three days need to be consecutive and represent how your bladder symptoms affect your life. Please do not change your habits of drinking or using the bathroom while recording this diary.

To keep track of the amount of urine passed you will be given a urine hat. The hat is placed under the toilet seat and will collect the amount of urine you pass. Record the amount of urine in the urine hat in ounces (oz) and milliliters (ml).

Under the **Leaking Episode** column and the **Degree Of Urgency Prior To Voiding** Column, please record the symptoms as: None, Slight, Moderate, or Heavy.

To help distinguish nighttime problems, please make it clear on your diary when you have gone to bed.

If we have instructed you to keep track of your fluid intake please note this in ounces (oz) and milliliters (ml).

PLEASE NOTE THE YOUR DAY BEGINS WHEN YOU GET UP TO STAY UP FOR THE DAY

Bring this completed diary in with you when you have your follow up appointment. Or you can drop it off at your convenience during regular business hours.