

Instructions for completing a Voiding Diary

How to record in the diary:

1. Please complete the voiding diary for 1-2 days
2. Make sure to write the date at the top of diary page

Time of day: Use one voiding diary sheet for each 24-hour period. Circle your bedtime (example, 11pm) and wake up time (example, 6am) directly in the time column. Write down the event next to the appropriate hour time slot when it occurred.

Fluid intake: In this column, write the type and **amount of fluids you drank (in ounces)** during a given time.

Toilet urinations: In this column, put a check mark by corresponding time each time you urinate.

Leaks: In this column, put a check mark each time you had involuntary urine loss (even a small amount) before you made it to the toilet.

Pad changes: In this column, put a check mark each time you changed your pad. If the pad was wet with urine, write down whether it was a small, moderate, or large amount.

Please keep a diary for 1-2 days.

Use the diary below to record your urinary frequency, fluids consumed, and urinary leakage (if applicable) for 1 complete 24-hour period.

Day 1- Date: _____

Time of Day (circle bedtime and waketime below)	Fluid Intake (write down amount of liquid you drank)	Toilet Urinations (place check each time you urinate)	Leaks (place check if you leaked urine before making it to the toilet)	Pad Changes (write if amount was small, moderate, or large)
<i>Example</i>	<i>Coffee- 1 cup</i>	✓	✓	<i>Yes-Large</i>
6am				
7am				
8am				
9am				
10am				
11am				
12 pm				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
Midnight				
1am				
2am				
3am				
4am				
5am				

Day 2- Date: _____

Time of Day (circle bedtime and waketime below)	Fluid Intake (write down amount of liquid you drank)	Toilet Urinations (place check each time you urinate)	Leaks (place check if you leaked urine before making it to the toilet)	Pad Changes (write if amount was small, moderate, or large)
<i>Example</i>	<i>Coffee- 1 cup</i>	✓	✓	<i>Yes-Large</i>
6am				
7am				
8am				
9am				
10am				
11am				
12 pm				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
Midnight				
1am				
2am				
3am				
4am				
5am				

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