

Voiding Diary

Instructions:

1. In the first column, mark an "x" every time you urinate into the toilet.
2. In the second column, mark an "x" every time you accidentally leak urine.
3. In the third column, indicate approximate amount of urine leaked.
4. If an accident occurs, indicate the reason or circumstances surrounding the accident, for example, "coughed, bent over, sudden urge."
5. Under "fluid intake," describe the type (e.g., coffee, tea, juice) and amount (e.g., one cup, one quart).
6. Circle the times when you went to bed and when you got up in the morning.
7. Record number and type of pads used.

<i>Time</i>	<i>Urinate in toilet</i>	<i>Leaking accident</i>	<i>Amount of urine</i>	<i>Reason for accident</i>	<i>Fluid intake (type/amount)</i>	<i>Pads used</i>
6 a.m.						
7 a.m.						
8 a.m.						
9 a.m.						
10 a.m.						
11 a.m.						
12 p.m.						
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.						
7 p.m.						
8 p.m.						
9 p.m.						
10 p.m.						
11 p.m.						
12 a.m.						
1 a.m.						
2 a.m.						
3 a.m.						
4 a.m.						
5 a.m.						

Figure A. Sample voiding diary.