



## Instructions for Completing the 3-Day Voiding Diary

1. Please complete the voiding diary for a total of 3 days.
2. On the day that you start recording events in the voiding diary, **print your name and date at the top of the diary.**

### How to record in the diary:

**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. Start recording all fluid intake and urinary events starting at 7am and ending the following day at 7am. Write down the event next to the appropriate hour time slot when it occurred.

**Fluid Intake:** In the column marked “fluid intake”, write the total amount of fluids you drank (in ounces) during a given time period.

**Toilet Voids:** In the column marked “toilet voids”, make sure the urinary hat is placed in the toilet each time you urinate. Record the amount of urine you voided (in ounces) each time you urinated in the toilet over a 24-hour period.

**Amount of Urine Drained via Catheter:** In the column marked “amount of urine drained via catheter”, record the amount of urine (in ounces or milliliters) that you drained using a catheter. Remark if this was a residual urine volume (example, 2 oz residual [R], or 4 oz catheter [C] void). If you do not use a catheter, leave this column blank.

**Leaks:** In the column marked “leaks”, 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 the column marked “pad changes”, mark each time you changed your pad. If the pad was dry, write a “D”. If the pad was wet with urine, write down whether it was a small, moderate, or a large amount.

Start a new page for each day you keep the diary. You need to keep a diary for 3 full days, though they do not need to be consecutive days.

<b>Time of day</b>	<b>Fluid Intake</b>	<b>Toilet Urinations</b> (write down oz urinated into urinary hat each time you urinate)	<b>Amount of urine drained via catheter</b>	<b>Leaks</b>	<b>Pad Changes</b>
7 am					
8 am					
9 am					
10 am					
11 am					
Noon					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm					
7 pm					
8 pm					
9 pm					
10 pm					
11 pm					
Midnight					
1 am					

2 am					
3 am					
4 am					
5 am					
6 am					