

INSTRUCTIONS

Each morning when you get up, start the Urine Diary and continue throughout that day and night. This 24 hour period is 1 day and should be recorded in the same column.

- 1. TIME:** In this column carefully note the time that you go to the toilet.
- 2. AMT:** Measure the amount of urine you pass every time you go to the toilet and write it in this column. Any ordinary measuring jug is suitable for this.
- 3. WET:** If you wet yourself at any time, record the time and tick this column.
- 4. COMMENT:** Use this column to write down anything you think may have influenced your bladder, e.g. cold weather, laughing, coughing, sneezing, running water.
- 5.** Record how much you drink in a day (mls).
- 6.** If you are unable to measure your urine (e.g. while out shopping, visiting, or at work) then just record the time.
- 7. BE HONEST AND ACCURATE.**

DATE			
TIME	AMT	WET	COMMENT
8AM	300		STRONG URGE
9.30	✓		COUGH
12.30			URGE
1PM	200	✓	RUNNING WATER
4.30		✓	STANDING

DATE				DATE				DATE			
TIME	AMT	WET	COMMENT	TIME	AMT	WET	COMMENT	TIME	AMT	WET	COMMENT
Daily Fluid Intake (cups)				Daily Fluid Intake (cups)				Daily Fluid Intake (cups)			
_____				_____				_____			