

Voiding Diary

Basically, we want to know how much you are urinating and when. Also, we want to know what and how much you are drinking.

In addition, if you are experiencing incontinence (leakage of urine, aka “accident”) we want to know about it as well. There are basically two types of incontinence: 1) stress is a leak with cough, laugh, sneeze, or other movement 2) urge is you couldn’t make it to the bathroom in time. Being able to identify an episode of incontinence and its type is helpful.

Please record voided amounts in the metric system (milliliters). If possible, please calculate the total amount of urine voided each day. You do not have to be as specific with your intake. 1 glass, 2 cups, 32 ounces, 3 sips are all OK.

For an example, click here:

[http://www.nellis.af.mil/Portals/104/Documents/Hospital/99 MDG Urology Void Example AFD-140714-047.pdf](http://www.nellis.af.mil/Portals/104/Documents/Hospital/99%20MDG%20Urology%20Void%20Example%20AFD-140714-047.pdf)

For voiding diaries and instructions, try:

<http://www.sufuorg.com/docs/patient-resources/SUFU-voiding-diary.aspx>

http://www.urologyhealth.org/_media/_pdf/OAB%20Bladder%20Diary%20and%20Instructions%20pdf.pdf

Unless you want the app (we have not tried this in clinic, yet):

<http://www.ip-voiding-diary.com/>

The form we commonly use in this clinic:

[http://www.nellis.af.mil/Portals/104/Documents/Hospital/99 MDG Urology Void Diary AFD-140714-048.pdf](http://www.nellis.af.mil/Portals/104/Documents/Hospital/99%20MDG%20Urology%20Void%20Diary%20AFD-140714-048.pdf)