

# VOIDING DIARY

NAME \_\_\_\_\_

DATE \_\_\_\_\_

OTHER NOTES \_\_\_\_\_

To determine the cause of your problem, it is important to know your fluid intake and urine output. It will help your doctor assess your condition and determine a treatment for you. This chart is designed to record how much fluid you drink and how much urine you pass during the day and night over 3 days/72 hours. Use the intake fluids references below to estimate your intake.

In the DAY table, record all fluids you drink during the day and how much you void (pee) during your waking hours including the last void before going to bed. In the NIGHT table, record any fluid intake and how much you void (pee) after going to bed including your first void when getting up in the morning.

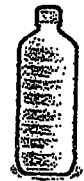
## FLUID INTAKE REFERENCE



150mL



250mL



500mL

DATE: \_\_\_\_\_

DAY (after your first void of the day)					NIGHT (after going to bed)				
Time	AM /PM	Fluid intake (mL)	Urine output (mL)	Comments	Time	AM /PM	Fluid intake (mL)	Urine output (mL)	Comments
<b>TOTAL</b>		mL	mL		<b>TOTAL</b>		mL	mL	

Total fluid intake (day + night) = \_\_\_\_\_ mL  
 Total urine output (day + night) = \_\_\_\_\_ mL  
 $\frac{\text{Nighttime urine volume}}{\text{Total urine output (24 hours)}} \times 100 = \text{_____ \%}$

DATE: \_\_\_\_\_

DAY (after your first voiding episode)					NIGHT (after going to bed)				
Time	AM /PM	Fluid intake (mL)	Urine output (mL)	Comments	Time	AM /PM	Fluid intake (mL)	Urine output (mL)	Comments
<b>TOTAL</b>		mL	mL		<b>TOTAL</b>		mL	mL	

Total fluid intake (day + night) = \_\_\_\_\_ mL  
 Total urine output (day + night) = \_\_\_\_\_ mL  
 $\frac{\text{Nighttime urine volume}}{\text{Total urine output (24 hours)}} \times 100 = \text{_____ \%}$

DATE: \_\_\_\_\_

DAY (after your first voiding episode)					NIGHT (after going to bed)				
Time	AM /PM	Fluid intake (mL)	Urine output (mL)	Comments	Time	AM /PM	Fluid intake (mL)	Urine output (mL)	Comments
<b>TOTAL</b>		mL	mL		<b>TOTAL</b>		mL	mL	

Total fluid intake (day + night) = \_\_\_\_\_ mL  
 Total urine output (day + night) = \_\_\_\_\_ mL  
 $\frac{\text{Nighttime urine volume}}{\text{Total urine output (24 hours)}} \times 100 = \text{_____ \%}$