



WOMEN'S UROLOGY
NEW YORK

Women's Urology New York Voiding Diary

Name:

Date:

Why Keep a Voiding Diary?

Dr. Kumar asked you to keep a voiding diary to better understand your bladder symptoms. It is used to track when and how much fluid you drink, how often you urinate, how much comes out when you urinate, how often you feel a sense of urgency and when or how much you leak urine. It also provides an estimate of your functional bladder capacity.

How do I use a voiding diary?

- You will do the diary for two 24 hour periods. They do not need to be consecutive. It is best to do the bladder diary on days you happen to be home for most of the day. For example, if you are home on tuesday and saturday, you could do those 2 days. Or if it is most practical for you to keep the diary on saturday and sunday, you could do those 2 days.
- Write down your fluid intake (i.e coffee, water juice etc) and how much. If you are unable to measure your drinks, then it is important to take a good guess about the number of ounces for every drink.
- Write down when and how much you urinate, both during the day and at night. You will be given a urinary collection device which will sit on your toilet seat and is marked with measurements to let you know how much you urinate. Dump the urine in the toilet and rinse off the urinary collection device with water after each use. Keep this device close to your toilet until you have completed the diary.
- Remember to bring your voiding diary to your next appointment.

Name:

Date:

Time	Fluids (What kind and how much?)		Amount Urinated	Urge	Accidental leaks?	Activity Type
					S,M,L	
6:45 am			300mL	yes		
7:00 am	8 oz	coffee				
7:30 am				yes	S	Walking dog

Total In

Total Out

Name:

Date:

Time	Fluids (What kind and how much?)	Amount Urinated	Urge	Accidental leaks? S,M,L	Activity Type

Total In

Total Out

Name:

Date:

Time	Fluids (What kind and how much?)		Amount Urinated	Urge	Accidental leaks? S,M,L	Activity Type

Total In

Total Out