






Voiding Diary

Instructions:

- Record **all voiding (urination) events** as accurately as possible for **2-3 days (24-hour periods)**. The days do not need to be consecutive.
- Write down the **time** of voiding and the **volume** of urine passed in **milliliters (mL)**. This will require a watch and a measuring container for the urine. It may be helpful to obtain a disposable toilet insert / “hat”, available in most pharmacies and online (or the Clinic staff may provide you with one). If you are out of the house and unable to measure the volume, a description such as “large volume”, “small volume” is acceptable.
- Write down all **fluid intake volume / type** and **time ingested**. For reference:

				
150 mL = 5 oz	250 mL = 8 oz = 1 cup = short 350 mL = 12 oz = tall	300 mL = 10 oz 500 mL = 16.9 oz	355 mL = 12 oz	950 mL = 32 oz

- If you experience **urgency** (difficulty postponing urination): “+” if urgency and “—” if no urgency.
- If you **leaked urine** before you got to the toilet: “+” if you leaked and “—” if you were dry.
- List all **activities that make you leak**: (e.g. walking, running, cough, sneeze, urgency etc.).

DAY (after your 1 st void of the day)					NIGHT (after going to bed)				
Time	AM PM	Fluid Intake (mL)	Urine Output (mL)	Notes	Time	AM PM	Fluid Intake (mL)	Urine Output (mL)	Notes
Totals:					Totals:				

Total fluid intake (day + night) = _____ mL

Total urine output (day + night) = _____ mL

Nighttime urine volume ÷ Total urine output (24 h) x 100 = _____ %

DAY (after your 1 st void of the day)					NIGHT (after going to bed)				
Time	AM PM	Fluid Intake (mL)	Urine Output (mL)	Notes	Time	AM PM	Fluid Intake (mL)	Urine Output (mL)	Notes
Totals:					Totals:				

Total fluid intake (day + night) = _____ mL

Total urine output (day + night) = _____ mL

Nighttime urine volume ÷ Total urine output (24 h) x 100 = _____ %

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Time	AM PM	Fluid Intake (mL)	Urine Output (mL)	Notes	Time	AM PM	Fluid Intake (mL)	Urine Output (mL)	Notes
Totals:					Totals:				

Total fluid intake (day + night) = _____ mL

Total urine output (day + night) = _____ mL

Nighttime urine volume ÷ Total urine output (24 h) x 100 = _____ %