

Urologic Consultants

PATIENT VOIDING DIARY

Instructions:

Your doctor has ordered a Urodynamic Evaluation to assess your bladder function. To better understand the relationship between your fluid intake and voiding (bladder emptying) it is important that you record your fluid intake and urinary output volumes for a three day period. **Bring this diary with you to your Urodynamic Evaluation.**

- Record the time, amount (in ounces) and type of fluid you drink (coffee, water, cola, etc.) for a three day period.
- Record the time and amount (in mls) of each void (bladder emptying) for a three day period.
- Record the time and amount (small, medium, large) of each leakage episode and each BM for a three day period.
- Use the plastic “hat” to measure the urine. Raise the toilet seat and set the “hat” on the rim. Lower the toilet seat and urinate into the “hat”.

