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## VOIDING DIARY

Voiding diaries are important to help you understand the functioning of your bladder. Attached you will find a sample of how to complete one. It describes your day-to-day habits and patterns related to urination. It typically documents the time and amount of fluid intake (great way to look for bladder irritants), the time of each void, each accidental leaking and a notation of the volume of urine loss, in subjective terms of large (>1/4 cup), medium (<1/4 cup) or small (dribbles). It is an accurate measure of the urinary frequency, volume and circumstance surrounding urinary accidents. You should take this chart with you should you decide to talk to your health care provider about your bladder problems (which encourage you to do). If you leak stool, put a square around the amount, if you leak urine, put a circle around the amount leaked.

It may be quite time consuming and difficult for you to find the time to complete, particularly if you are "up and about" during the day. It is important --so do the best you can. It should be kept for 3 consecutive days in order to get the most accurate picture of your voiding patterns. It is best to record on three consecutive days, with one being a weekend.

The diary is also a method for you to focus on your behavior related to overactive bladder and incontinence. Sometimes the mere fact of keeping the diary is therapeutic in and of itself and the continence improves once a casual relationship with what you eat and drink and related activities has been established.



