UW Medicine

Fluid and Urine Diary

- Write down all the fluids that you drink and the urine you void (pee) or catheterize out for 2 days.
- Use the urine hat or urinal that you were given for measuring urine.
- Fill in this diary every time you drink fluids, urinate, catheterize, or empty your leg bag.
- Bring this diary with you to your next clinic visit and give it to your healthcare provider.

Date and Time	Fluid Intake (oz or ml)	Urine Passed (ml)		Date and Time	Fluid Intake (oz or ml)	Urine Passed (ml)
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Questions?	☐ UWMC Rehabilitation Clinic: 206.598.4295
Call your healthcare provider if you have	☐ HMC Rehabilitation Clinic: 206.744.2581
questions or concerns.	☐ HMC Urology Clinic: 206.744.3241