

Voiding Diary

A blank form and instructions

This handout gives instructions to follow for keeping a “voiding diary.” It includes a blank form to use.

What is a voiding diary?

A *voiding diary* is a form you will use to record the amount of fluid you drink and the amount of urine you produce for 3 days.

What do I need to do?

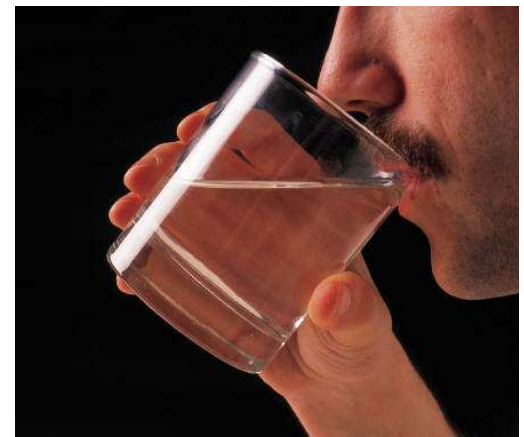
For 3 days, please write down the time and volume of all fluids you drink and urine you void and/or catheterize. You may record the amounts in fluid ounces (fl oz) or milliliters (mL).

The 3 days do not need to be in a row. Choose any 3 days that work for you to track all of your fluid intake and output.

If you drink your fluids from a bottle, just look at the label to find the fluid ounces or milliliters. To measure water you drink, and to measure your urine, you may use a measuring cup. If your clinic did not provide you with a urinal, you can buy a urinal at most drugstores.

Use the blank form that is on page 2 of this handout. When you have completed all 3 days, bring your diary to your next clinic visit and give it to your healthcare provider.

If you have any questions, please call the Men’s Health Center at 206.598.6358 and press 8 when you hear the recording.



To fill out your voiding diary, measure and record the amount of fluids you drink and how much urine you void or catheterize for 3 days.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Men’s Health Center at 206.598.6358 and press option 8.

After hours and on holidays and weekends, call 206.598.6358.

Voiding Diary

	DAY 1			DAY 2			DAY 3		
Time	Drink	Urine	Cath Volume	Drink	Urine	Cath Volume	Drink	Urine	Cath Volume
12 midnight									
1 a.m.									
2 a.m.									
3 a.m.									
4 a.m.									
5 a.m.									
6 a.m.									
7 a.m.									
8 a.m.									
9 a.m.									
10 a.m.									
11 a.m.									
12 noon									
1 p.m.									
2 p.m.									
3 p.m.									
4 p.m.									
5 p.m.									
6 p.m.									
7 p.m.									
8 p.m.									
9 p.m.									
10 p.m.									
11 p.m.									