



Patient Name:

Instructions:

- 1. Choose 4 days (entire 24 hours) to complete this record – they do not have to be in a row. Pick days that will be convenient for you to measure every void.
2. Begin recording when you wake up in the morning–continue for a full 24 hours.
3. Make a separate record for each time you void, leak, or have anything to drink.
4. Measure voids (using cc measurements).
5. Measure fluid intake in ounces.
6. When recording a leak – please indicate the volume using a scale of 1-3 *(1=drops/damp, 2=wet-soaked, 3=bladder emptied), your activity during the leak, and if you had an urge (“yes” or “no”).

Table with 6 columns: DAY 2, Date, Time, Amount Voided (in ccs), Leak Volume (scale of 1-3*), Activity during leak, Was there an urge, Fluid Intake (Amount in ounces/type). The table contains 18 empty rows for data entry.

