

# Center for Sexual & Urinary Function

## Explanation of 24 HOUR VOIDING DIARY

| Date      | Time           | Amount voided | Catheterized volume | Leaking episodes | Diaper/pad replaced | Fluid intake |
|-----------|----------------|---------------|---------------------|------------------|---------------------|--------------|
|           |                | cc            | cc                  | (1,2 or 3)       |                     |              |
| Asleep    | <b>2:00 AM</b> | <b>300</b>    |                     |                  |                     |              |
| Awake     | <b>7:00 AM</b> | <b>450</b>    |                     |                  |                     |              |
|           |                |               |                     |                  |                     |              |
|           | AN Voids       | NU Volume     |                     | NUV/FBC-1=PNV    |                     | ANV-PNV      |
|           | <b>8:00 AM</b> |               |                     |                  |                     | <b>8 oz.</b> |
|           | <b>4:00 PM</b> |               |                     | <b>3</b>         | <b>Yes</b>          |              |
|           |                |               |                     |                  |                     |              |
|           | AD Voids       | DU Volume     |                     |                  |                     |              |
| Total 24h |                |               |                     |                  |                     |              |
|           | AT Voids       | TU Volume     |                     | FBC              | NUV/TUV             |              |

Please record time of each episode (urine output, leakage, diaper or pad change, and fluid intake) **into the framed areas only**. Remember one sheet represents **24 hours only**.

- Start recording the first voided urine volume as you wake up during the nighttime sleep.
  - Example* above: you got up at **2:00 AM** and voided **300 cc**
- Record your first void of the morning after you wake up into the last row in the upper frame.
  - Example* above: you woke up at **7:00 AM** and voided **450 cc**
- Record all your leaking episodes in the 4<sup>th</sup> column according the severity
  - = slight leakage (few drops)
  - = moderate leakage (1-2 tablespoons)
  - = heavy leakage (soaks pad, clothing)
- Record any replacement of your protection (pad, diaper, etc.) into the 5<sup>th</sup> column
  - Example* above: you leaked and soaked your pad at **4:00 PM** and changed your pad afterward
- Record your entire fluid intake during 24h into the 6<sup>th</sup> column (fluids include sodas, water, juices, alcohol, soups, jelly)
  - Example* above: you had a cup (8 oz.) of coffee at **8:00 AM** with breakfast