3 DAY VOIDING DIARY

This chart is a record of your voiding and leakage or urine. Choose three (3) separate 24 hour periods to complete this record. Pick days which will be most convenient for you to measure **every** void.

INSTRUCTIONS:

- 1. Begin recording with your first morning void.
- 2. Measure all voids in seconds by counting "one Mississippi", "two Mississippi", etc.
- 3. Measure and record all voids for the next 3 days.
- 4. Record each leak and the activity you were doing at the time. **Leak volume** can be described by using the following number code:

 0. No problems
 - 1. Dampness
 - 2. Wetness of clothing/pad
 - 3. Soaked/Emptied Bladder
- 5. Record type and amount of fluid intake such as milk, chocolate milk, orange juice, decaf coffee, etc.

EXAMPLE

Time	Amount Voided	Leak Volume	Activity During Leak	Type & Amount of Fluid Intake
	in seconds			During Period
7 am	12 seconds	0	0	None at that time
8 am				12 oz regular coffee, 6 oz grape juice
10 am		2	Walking	None

DAY # 1 - DATE:

Time	Amount Voided in seconds	Leak Volume	Activity During Leak	Type & Amount of Fluid Intake During Period
	III seconds			During I criod

DAY # 2 – DATE:

Time	Amount Voided	Leak Volume	Activity During Leak	Type & Amount of Fluid Intake During Period
	in seconds			During Period

DAY # 3 – DATE:

Time	Amount Voided	Leak Volume	Activity During Leak	Type & Amount of Fluid Intake
	in seconds			During Period