

Use this diary to record how much you drink and note down the volume of urine of each toilet visit. You can easily measure the volume of urine with the help of a measuring jug. Mention when you feel a strong urge to go or have any loss of urine. This information can help your doctor to understand your symptoms better.

The example shows you how to use the diary. Start a new sheet for each day.

Date:	Time I woke up:	Time I went to bed:
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Time	Drinks Type and amount	Amount of urine (ml)	Did you feel a strong urge to urinate?	Urine leakage?
<i>Example</i>	<i>Cup of tea - 200ml</i>	<i>500ml</i>	<input checked="" type="radio"/> Yes No	Yes <input checked="" type="radio"/> No
06:00			Yes No	Yes No
07:00			Yes No	Yes No
08:00			Yes No	Yes No
09:00			Yes No	Yes No
10:00			Yes No	Yes No
11:00			Yes No	Yes No
12:00			Yes No	Yes No
13:00			Yes No	Yes No
14:00			Yes No	Yes No
15:00			Yes No	Yes No
16:00			Yes No	Yes No
17:00			Yes No	Yes No
18:00			Yes No	Yes No
19:00			Yes No	Yes No
20:00			Yes No	Yes No
21:00			Yes No	Yes No
22:00			Yes No	Yes No
23:00			Yes No	Yes No
00:00			Yes No	Yes No
01:00			Yes No	Yes No
02:00			Yes No	Yes No
03:00			Yes No	Yes No
04:00			Yes No	Yes No
05:00			Yes No	Yes No