

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