# Name: Date Commencing:

Please complete this chart for 3 consecutive days before attending for your Clinic appointment.

**BRING IT WITH YOU!!!**

Please write down what you drink (Drink box) and how much (Volume box).

Use a jug to measure the amount of urine that you pass and enter the amount in the Void box.

Put an X in the wet column if you leak urine.

**Here is an example:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Day 1** | | | | **Day 2** | | | | **Day 3** | | | |
|  | Drink | Volume | Void | Wet | Drink | Volume | Void | Wet | Drink | Volume | Void | Wet |
| **7am** | Tea | 200ml |  |  |  |  | 500ml |  |  |  |  |  |
| **8am** |  |  | 300ml | X | Water | 150ml |  |  |  |  |  |  |
| **9am** |  |  |  |  |  |  |  | X |  |  | 150ml | X |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Day 1** | | | | **Day 2** | | | | **Day 3** | | | |
|  | Drink | Volume | Void | Wet | Drink | Volume | Void | Wet | Drink | Volume | Void | Wet |
| **6 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **7 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **8 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **9 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **10 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **11 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **12 MD** |  |  |  |  |  |  |  |  |  |  |  |  |
| **1 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **2 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **3 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **5 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **6 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **7 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **8 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **9 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **10 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **11 pm** |  |  |  |  |  |  |  |  |  |  |  |  |
| **12 MN** |  |  |  |  |  |  |  |  |  |  |  |  |
| **1 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **2 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **3 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **4 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **5 am** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |  |  |  |  |  |