

# Drinking & Voiding Diary

Day 1 - Date: .....

Time 	Type and amount of drink in mls 	Time 	Wee in mls 	Time 	Poo 

Dry Night? Yes / No

Wet Patch: S / M / L

# Drinking & Voiding Diary

Day 2 - Date: .....

Time 	Type and amount of drink in mls 	Time 	Wee in mls 	Time 	Poo 

Dry Night? Yes / No

Wet Patch: S / M / L

# Drinking & Voiding Diary

Day 3 - Date: .....

Time 	Type and amount of drink in mls 	Time 	Wee in mls 	Time 	Poo 

Dry Night? Yes / No

Wet Patch: S / M / L

# Drinking & Voiding Diary


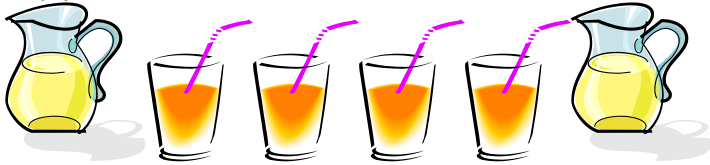




Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_

## How to use this diary

Please fill in this diary for three days and nights before your next appointment. It does not need to be done on 3 days in row, so can be completed over several days. Please include measurements of EVERY drink and void (wee) for your chosen days.

Write down what type of drink you have and the amount in mls; and what amount of wee you pass. Also record when you have had your bowels open (a poo). Then record whether you had a dry night or not. It is very important to record everything from each day.

## For example:

Time 	Type and amount of drink in mls 	Time 	Wee in mls 	Time 	Poo 
9.30am	Apple Juice 200mls	8am	250mls	3.30pm	Poo
11am	Water 100mls	10.45am	140mls		