

Date:

DAY 1

TIME	BED/WAKING UP TIME	DRINKS ml		URINE OUTPUT ml
		AMOUNT	TYPE	
6am				
7am				
8am				
9am				
10am				
11am				
12am				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12pm				
1am				
2am				
3am				
4am				
5am				

Nocturia Voiding Diary



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NAME

NOC/971/2016/CH3
Date of preparation: April 2016





Please complete this **3 day voiding diary**. Enter the following in each column against the time. You can change the specified times if you need to.

BED/WAKING UP TIME: Write BED when you went to bed and WOKE when you woke up.

DRINKS: Write the amount you had to drink and the type of drink.

URINE OUTPUT: Enter the amount of urine you passed in millilitres (ml) in the urine output column, day and night. Any measuring jug will do. If you passed urine but couldn't measure it, put a tick in this column.

Here is an example of how to complete the Nocturia Voiding Diary

TIME	BED/WAKING UP TIME	DRINKS ml		URINE OUTPUT ml
		AMOUNT	TYPE	
6am	Woke			350ml
7am		300ml	Tea	
8am				✓
9am				
10am		Cup	Water	Leak

Date:

DAY 2

TIME	BED/WAKING UP TIME	DRINKS ml		URINE OUTPUT ml
		AMOUNT	TYPE	
6am				
7am				
8am				
9am				
10am				
11am				
12am				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12pm				
1am				
2am				
3am				
4am				
5am				

Date:

DAY 3

TIME	BED/WAKING UP TIME	DRINKS ml		URINE OUTPUT ml
		AMOUNT	TYPE	
6am				
7am				
8am				
9am				
10am				
11am				
12am				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12pm				
1am				
2am				
3am				
4am				
5am				