

### Fluid Volume charts: Voiding diary

You have been asked to keep a diary as part of your treatment. This is in order to keep track of your bladder behaviour and is an important part of the treatment we offer. We need to know:

1. What you drink
2. When you drink
3. How much you drink
4. How much you urinate
5. How often you urinate
6. When you urinate

Please record (ideally in millilitres), how often/how much you drink and pee (urinate) and if applicable how often you experience urine loss or urinary urgency.

Do this consecutively for 3 days and please ensure you record the times of input and output.

If you are technically minded and own a smartphone/tablet we can recommend the following app:

*Voiding Diary by IP* (available in the app store)