



VOIDING DIARY INSTRUCTIONS

A voiding diary is used to gather more information regarding a patient's urination patterns. Diaries should be kept for two to four full days. Caregivers should record every time the child urinates during the day and do not need to record when the child wakes to urinate at night. The days recorded do not need to be in a row. Families may find it easiest to complete the diary on a Saturday and Sunday then take the weekdays off from recording and resume again on the following weekend.

An explanation of each column is listed below.

TIME

The time of day that the child urinated.

AMOUNT VOIDED

The amount voided is the amount of urine the child produces each time he or she urinates. The urine is measure in "cc's." Caregivers should use the "urine hat" provided by the Urology Center. If the patient was not provided with a urine hat, caregivers may use another container, like a measuring cup, and measure the urine in ounces or cups.

WETNESS

Wetness refers to the condition of the child's clothing and is rated as follows:

0 = completely dry underpants

+ = underpants are slightly damp

++ = underpants are very wet

+++ = urine has soaked through clothing and pants need to be changed

URGE (YES OR NO)

Answer "yes" if the child has a sudden urge to urinate where they "run to the restroom."

The completed voiding diary results should be brought to the patient's next appointment.

