THE WOMEN'S BLADDER CENTER
AT OB/GYN ASSOCIATES OF HAMPTON

Patient Name: _____

VOIDING LOG

To determine the severity and the possible causes of urological problems such as incontinence or frequent urination, it is often helpful to have an accurate record of your actual pattern of voiding (that is, emptying your bladder). While keeping a voiding log may be inconvenient and difficult, it can provide extremely useful information for the assessment of your specific problem. Therefore, we kindly request your patience and cooperation in gathering this important data.

INSTRUCTIONS

For three consecutive days, please keep track of each time you urinate, the amount of urine you passed, and any other events related to urination such as accidental leakage, pain, or sudden severe urges to void. Measure the amount of urine carefully. Also, record the volume of any leakage as a small, moderate or large amount. Do not alter your usual routines for eating, drinking, physical activity or medications. Try to make each of the three test days very typical or average day for yourself.

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Date	Time of Day	Amount (eg. Dribble, Small, Medium, Large)	Leakage, Urgency, Loss of Control, or Other Event