The Hobart Kids Clinic

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Fluid Intake & Voiding Diary

Instructions

- 1. We use this diary to help understand what is causing daytime wetting (enuresis) or urinary frequency in children.
- 2. Please record every drink your child has AND how much they wee AND if they wet themselves.
- 3. We need to know what volume of drink and urine so measure these in ml.
- 4. You need to do this for 2 full days the days do not have to be in a row.
- 5. Bring this diary with you to see the paediatrician.

TIME	Urine amount	Leak volume 1. drop/damp 2. wet/soaked 3. bladder emptied	Activity during leak	Drink (volume)	TIME	Urine amount	Leak volume 1. drop/damp 2. wet/soaked 3. bladder emptied	Activity during leak	Drink (volume)
eg 7am	250ml	2	drawing		eg 5pm				Milk – 300ml