

1-Day Bladder Health Frequency-Volume Diary

INSTRUCTIONS

The 1-Day Bladder Health Frequency-Volume Diary can be completed any time AFTER you complete the 2-Day Symptom Diary. This Diary is a record of the amount you pee (urinate) and any leakage of urine (pee). We are asking you to measure and record every time you pee or leak urine for a full 24 hours (1 whole day). Please see the detailed instructions on the Diary.

Choose any day of the week to start the 1-day Diary and keep track for 24 hours. Because you will need to measure your urine, you may want to complete the Diary when you are mostly at home. You will need to measure the amount you pee in milliliters (mL).

We are giving you a plastic urine container to put in the toilet to make it easy for you to measure the amount of pee. This container has marks that you can use to measure every time you pee. Put the container in the toilet so the wings are under your toilet seat and the toilet seat will sit on top of the container. The straight part should be facing the back of the toilet. Make sure the seat is down before you sit. The container will collect the urine when you pee and then you will record the amount you pee in milliliters (mL) in this Diary.



You will also record all of the liquid you drink during those 24 hours in ounces (Question 6).

You will be asked to write down what time you woke up (Question 2) and went to bed that day (Question 3). If you use pads for urine leakage or for protection, you should record the number and the type (Question 8).

Begin your Diary with the FIRST time you pee after you wake up from sleep.

Column 1:

- Every time you pee in the bathroom or if you leak urine (even a drop), please check one of the boxes; P=Peed or L=Leaked. If you did both, leaked urine and peed, check the box marked “B” for Both.
- Record the amount you peed. After you write in the amount, you can empty the urine in the container in the toilet.

Column 2:

- Write down the time you peed in this column and check the box for AM or PM.

Column 3:

- Next to the time you leaked pee, check if the amount was a small (S), medium (M), or large (L) leakage.

Please remember to bring this diary with you to your in person visit.