

# VOIDING DIARY

## Waking up to pee at night?

How much is too much?  
Find out now.

## Wonderful or One Third Full tonight?



Volume Matters



 Time of going to bed: \_\_\_\_\_

 Time of getting up after waking up: \_\_\_\_\_

 First morning void on Day 2:  ml  Time: \_\_\_\_\_  
Include the volume in the calculation

### Nocturnal Polyuria index calculation (completed by the doctor)

Overall voiding volume  
per Night 1

First morning  
void on Day 2

Overall voiding volume  
per the first 24 hours

$$\left( \left( \text{ } + \text{ } \right) \div \text{ } \right) \times 100 = \text{ } \%$$



Please complete this voiding diary.



**URINE OUTPUT:** Enter the amount of urine you passed in millilitre (ml)



**DRINKS:** Write the amount of fluids (water, beverages, soups) which you drank in millilitre (ml)



**Drink and eat** as usual



**WRITE** the time going to bed. **WRITE** the time when you woke up.



Yellow boxes will be **completed by the doctor**

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**How much is too much ?**  
Learn More!

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