

# Division of Urology Voiding Charts

Week of _____	6 am	7 am	8 am	9 am	10 am	11 am	noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	BM	Sleep
Monday																				
Tuesday																				
Wednesday																				
Thursday																				
Friday																				
Saturday																				
Sunday																				

## Directions:

1. Check the box each time you empty your bladder (✓ = pee). Remember you need to TRY to use the bathroom every 2-3 hours, even if you don't feel like you have to go.
2. You should drink three \_\_\_\_\_-ounce glasses of water every day. Drink each glass in 5-10 minutes. Put a W in the chart each time you drink a glass of water.
3. **A=accident** and **D=damp pants**. When these things happen, mark them in the chart.
4. Put an X in the bowel movement (BM) box when you have a bowel movement. If we are concerned about constipation, please describe the bowel movement. (For example, was it hard or painful to pass?) You can use \_\_\_\_\_ as a stool softener.
5. In the "SLEEP" column, please write "Dry" or "Wet."

If you are returning for a follow-up visit, it's very important to bring your calendars so we can review them. The calendars help us know how you are doing so we can adjust care.  
Thank you!