

Dr Alison De Souza
M.B.B.S., F.R.A.N.Z.C.O.G., C.U.
Urogynaecologist, Obstetrician & Pelvic Floor Surgeon
ABN: 565 785 716 40
Provider No. 216403JA

145 Victoria Parade
FITZROY VIC 3065

www.dralisonsouza.com.au

Ph: 9419 9699
Fax: 9419 8744

URINARY DIARY

Dear Test Test,

An appointment has been made for you on:

Friday, 15 November 2013 1:30 PM

Instructions:

Each morning when you get up, start the Urinary Diary and continue throughout the day and night. This 24- hour period is one day and should be recorded in the same column.

Time:

In this column carefully note the time that you go to the toilet.

Amount:

Measure the amount of urine that you pass every time that you go to the toilet and write it in this column (in mls).

Wet:

If you wet yourself at any time, record the time and tick this column.

Comments:

Use this column to write down anything you think may have influenced your bladder, eg cold weather, laughing, coughing, sneezing, running water etc.

Record how much you drink in a day (in mls). If you are unable to measure your urine (eg while out shopping, visiting or at work) then just record the time.

Be honest and accurate!

Sample Diary

Time Amt Wet Comment

If you have any questions please contact the secretary on 9419 9699 or Dr DeSouza via the paging service on 9387 1000.