

Date: _____

Dear Parents:

We have been asked by your child's health care provider to evaluate his/her bladder problems. Before we can determine what is causing your child's issues and begin a plan of treatment, we must have a voiding diary. This diary helps us understand your child's bladder function and helps us diagnose what is causing his/her problems. **Not completing the diary before the appointment will delay treating your child's problem.**

HOW TO OBTAIN A VOIDING DIARY

Step 1: Pick a day to start the diary. This should be a day when you and your child will be home all day.

- You will need something to measure the urine. You can use a large measuring cup (Wal-Mart/Dollar Stores are good places to find a measuring cup). Your child's pediatrician's office may have something to assist you with daily measuring.

Step 2: Place your child's name and date of birth on every page.



Patient Name: _____
DOB: _____

Step 3: Each time your child urinates (pees) you should write down the date, the time, the amount of urine in ounces or ml, and any comments you have (like wetting or pain with urinating). Include the times your child wet their clothes instead of urinating in the toilet.

- The diary should be kept for a full 24 hour time period, including any bedwetting.
- Every time your child urinates or tries to urinate should be written down.
- Every time your child "poops" please write the type
- DO NOT** remind your child to urinate when getting the diary. This should be a record of how your child urinates without any one telling her/him to go.

VOIDING DIARY/POOP DIARY-EXAMPLE				
Date	Time	Amount of Urine	Comments	Poop Type
1-7-12	9:00am	4 oz.	Wet the bed	
1-7-12	1:30pm	6 oz.	Damp underwear	5
1-7-12	2:30pm	2 oz.	Dry underwear	
1-7-12	5:30pm	3 oz.	Said it hurt	
1-7-12	9:00am	5 oz.	Damp underwear	
1-10-12	8:30am	5 oz.	Dry overnight	
1-10-12	11:30pm	7 oz.	Wet Underwear	
1-10-12	4:30pm	9 oz	Rushed to bathroom	3
1-10-12	8:00pm	3 oz	Dry Underwear	
1-14-12	9:30am	5 oz	Wet the bed	
1-14-12	2:30pm	8 oz	Wet underwear	
1-14-12	2:45pm	Drops		
1-14-12	3:30pm	Couldnt go	Soaks clothes after	
1-14-12	6:00pm	5 oz		
1-14-12	8:00pm	7 oz		2

Step 4: Repeat the process 2 more days. These days do not need to be in a row. **For example:** you can do the diary on three Saturdays, or on two Saturdays and one Sunday.

Step 5: Bring the completed diary to our office before the appointment or fax it to 864-241-9200.
If these options are not possible, you MUST bring the diary with you the day of the appointment.

We look forward to meeting you and your child. Please do not hesitate to call us with questions or for any help in obtaining the voiding diary. Our office number is 864-454-5135.

Pediatric Urology
200 Patewood Drive – Suite A115
Greenville, SC 29615