



Wake Forest University Baptist  
MEDICAL CENTER®

Urology

MY UROLOGIST NAME'S IS: \_\_\_\_\_

START DATE: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

EVENING PHONE NUMBER \_\_\_\_\_

Enter **V** every time you void or urinate

Enter **A** every time you have an incontinent episode or accident.

Make the entry closest to the nearest hour.

	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am
M																								
T																								
W																								
Th																								
Fri																								
Sat																								
Sun																								

Enter your fluid intake in fluid ounces. Make the entry closest to the nearest hour.

	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am
M																								
T																								
W																								
Th																								
F																								
Sat																								
Sun																								

Do you lose urine when you cough? \_\_\_\_\_  
sneeze? \_\_\_\_\_  
physically exert yourself? \_\_\_\_\_

Are you taking medications prescribed for your bladder problem? \_\_\_\_\_

If yes, what medications? \_\_\_\_\_

If you have any questions, please call our office (716-4131) and ask for one of the nurses.

Dear Patient,

The information you provide on this diary will assist us having a more accurate understanding of your urinary symptoms.

Please follow these instructions:

1. Enter a V in the box closest to the hour that you void (urinate, pass urine)
2. Enter a A in the box closest to the hour that you have an accident (leak urine-even the slightest amount)
3. Enter an Asterisk (\*) in the box closest to the time you awake and go to bed each day.
4. Remember to record your fluid intake in OUNCES closest to the hour that you drink.

\*\*\*Bring this paper with you to your next appointment or mail to:  
Wake Forest Family Physicians Urology Clinic 140 Charlois Blvd, Winston-Salem, NC 27104