

Instructions for urine log

Liquids- Record everything you drink and measure the amount you drink

Foods- Record everything you eat. Be specific and detailed.

Urine- Record in ounces every time you use toilet.

Leakage-Record every time you leak urine. How much? Small-few drops

Moderate-change pad

Large-change of clothes required

Activity with leakage- Record what you were doing at the time leakage occurred.

6.) Urge- Yes or No; when you used toilet or leaked was urge present?