

Voiding Record

Void: Write in the amount each time you pass urine in the toilet.

Drink: Write in the amount each time you have a drink. **Wet event:** Tick each time you are wet.

Time	Void	Drink	Wet Event	Time	Void	Drink	Wet Event
6:00 am				6:00 pm			
6:30 am				6:30 pm			
7:00 am				7:00 pm			
7:30 am				7:30 pm			
8:00 am				8:00 pm			
8:30 am				8:30 pm			
9:00 am				9:00 pm			
9:30 am				9:30 pm			
10:00 am				10:00 pm			
10:30 am				10:30 pm			
11:00 am				11:00 pm			
11:30 am				11:30 pm			
12:00 noon				12:00 night			
12:30 pm				12:30 am			
1:00 pm				1:00 am			
1:30 pm				1:30 am			
2:00 pm				2:00 am			
2:30 pm				2:30 am			
3:00 pm				3:00 am			
3:30 pm				3:30 am			
4:00 pm				4:00 am			
4:30 pm				4:30 am			
5:00 pm				5:00 am			
5:30 pm				5:30 am			

The Voiding Record

A voiding record is a tool that allows the client to record the amount he/she voids or is incontinent in a 24 hour period. The voiding record provides a picture of the client's incontinence and fluid intake.

Most people underestimate the severity of their problem and are surprised at the number of accidents that they actually have. The voiding record also helps to identify any relationship between fluid intake and voiding frequency or urine loss. Each voiding record is one day, which begins at 6:00 am and then proceeds in 30 minute intervals.

The client records the amount each time he/she voids and writes it down in the 'void' column next to the nearest half hour. The client also documents their wetting episodes and fluid intake, including type and amount, in the same manner.

At the end of the 4 days, you would have a detailed record of all toileting and wet events. This completed record, along with a complete assessment, will help you determine your diagnosis. It will also help you to recognize factors which contribute to urinary incontinence. For example, the amount of fluid intake (too much or too little) and amount of caffeine the client drinks and the relationship between these contributing factors and the incontinent episodes.