

Name:

Age:

How do I use the diary

Record for a period of 4 days (this can be over 2 consecutive weekends if more convenient) exactly what, when and how much you (or your child) drink, all bladder activity and bowel movements from getting up in the morning to going to bed at night.

This detailed information will help your doctor to see if there are any underlying problems with your (or your child's) bladder.

In addition, you will need to record night-time findings for 7 consecutive nights as illustrated in the example below. This is necessary to assess if you (or your child) suffer from overproduction of urine during the night (nocturnal polyuria).

Here is an example of how to complete the Drydown daytime voiding meter

DAYTIME

TIME	DRINK VOLUME ml	TYPE OF DRINK	VOLUME OF URINE ml	URGENCY (YES/NO)	LEAKAGE OF URINE (YES/NO)	BOWEL MOVEMENT (LOOSE/NORMAL/HARD)
8:10	100ml	Milk				
8:40			140ml	No	No	
9:10						Normal

NIGHT TIME

Time to bed

7pm

Time getting up

6am

Date

11.08.15

DAY 1
NIGHT-TIME

BED
(WET/DRY)

Wet

PEED AT
NIGHT ml

No

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

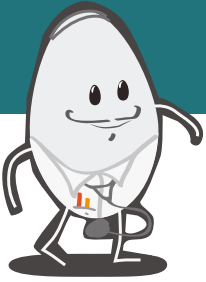
85

WEIGHT OF DIAPER
AT MORNING (gm=ml)

251

1ST MORNING
VOID ml

190



To calculate whether your patient has either a reduced bladder capacity or nocturnal polyuria, you will need to calculate what their expected bladder capacity is (EBC).

$$\text{EBC} = 30 \times (\text{age} + 1) \text{ (ml)}$$

Reduced bladder capacity <65% of EBC

Nocturnal polyuria > 130% of EBC

Example: Child aged 5 years $\text{EBC} = 30 \times (5 + 1) \text{ (ml)} = 180\text{ml}$

Time to bed	Time getting up	Date	DAY 1 NIGHT-TIME				
BED (WET/DRY)	PEED AT NIGHT ml (A)	WEIGHT OF DIAPER AT NIGHT (gm=ml) (B)	WEIGHT OF DIAPER AT MORNING (gm=ml) (C)	1 ST MORNING VOID ml (D)			
7pm	6am	11.08.15	Wet	No	85	251	190

Time to bed	Time getting up	Date	DAY 2 NIGHT-TIME				
BED (WET/DRY)	PEED AT NIGHT ml	WEIGHT OF DIAPER AT NIGHT (gm=ml)	WEIGHT OF DIAPER AT MORNING (gm=ml)	1 ST MORNING VOID ml			
7pm	5am	11.09.15	Dry	Yes	80	80	190

To calculate night time urine volume:

$$(\text{C}-\text{B}) + \text{A} + \text{D}$$

In this case $(251 - 85) + 0 + 190 = 356\text{ml}$

This is more than 130% of EBC for a 5 year old child and would point to nocturnal polyuria

Date:

Void meter

What goes in and out?

DAY 1

DAYTIME

TIME

DRINK
VOLUME ml

TYPE
OF DRINK

VOLUME OF
URINE ml

URGENCY
(YES/NO)

LEAKAGE
OF URINE
(YES/NO)

BOWEL MOVEMENT
(LOOSE/NORMAL/
HARD)

Date:

DAY 2

DAYTIME

TIME

DRINK
VOLUME ml

TYPE
OF DRINK

VOLUME OF
URINE ml

URGENCY
(YES/NO)

LEAKAGE
OF URINE
(YES/NO)

BOWEL MOVEMENT
(LOOSE/NORMAL/
HARD)

Date:

Void meter

What goes in and out?

DAY 3

DAYTIME

TIME	DRINK VOLUME ml	TYPE OF DRINK	VOLUME OF URINE ml	URGENCY (YES/NO)	LEAKAGE OF URINE (YES/NO)	BOWEL MOVEMENT (LOOSE/NORMAL/ HARD)
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Date:

DAY 4

DAYTIME

TIME	DRINK VOLUME ml	TYPE OF DRINK	VOLUME OF URINE ml	URGENCY (YES/NO)	LEAKAGE OF URINE (YES/NO)	BOWEL MOVEMENT (LOOSE/NORMAL/ HARD)
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Time to bed

Time getting up

Date

DAY 1
NIGHT-TIME

BED
(WET/DRY)

PEED AT
NIGHT ml

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

WEIGHT OF DIAPER
AT MORNING (gm=ml)

1ST MORNING
VOID ml

Time to bed

Time getting up

Date

DAY 2
NIGHT-TIME

BED
(WET/DRY)

PEED AT
NIGHT ml

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

WEIGHT OF DIAPER
AT MORNING (gm=ml)

1ST MORNING
VOID ml

Time to bed

Time getting up

Date

DAY 3
NIGHT-TIME

BED
(WET/DRY)

PEED AT
NIGHT ml

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

WEIGHT OF DIAPER
AT MORNING (gm=ml)

1ST MORNING
VOID ml

Time to bed

Time getting up

Date

DAY 4
NIGHT-TIME

BED
(WET/DRY)

PEED AT
NIGHT ml

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

WEIGHT OF DIAPER
AT MORNING (gm=ml)

1ST MORNING
VOID ml

Time to bed

Time getting up

Date

DAY 5
NIGHT-TIME

BED
(WET/DRY)

PEED AT
NIGHT ml

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

WEIGHT OF DIAPER
AT MORNING (gm=ml)

1ST MORNING
VOID ml

Time to bed

Time getting up

Date

DAY 6
NIGHT-TIME

BED
(WET/DRY)

PEED AT
NIGHT ml

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

WEIGHT OF DIAPER
AT MORNING (gm=ml)

1ST MORNING
VOID ml

Time to bed

Time getting up

Date

DAY 7
NIGHT-TIME

BED
(WET/DRY)

PEED AT
NIGHT ml

WEIGHT OF DIAPER
AT NIGHT (gm=ml)

WEIGHT OF DIAPER
AT MORNING (gm=ml)

1ST MORNING
VOID ml