

# Center for Sexual & Urinary Function

## Explanation of 24 hour voiding diary for INTERSTIM® Placement

Date	Time	Voided volume	Volume catheter	Pain	Leaking episodes	Urgency degree	Diaper replaced	Complete emptying	Fluid intake
		1oz = 30ml		0-10	(0,1,2,3)	(0,1,2,3)	yes/no	yes/no	1oz = 30ml
Nite	<b>2:00</b>	<b>300 cc</b>							
Day	<b>7:00</b>	<b>450 cc</b>							
					Σ	Σ	#	#	
	ANV	NU Volume			Σ/NLE	Σ/NUE	NUV/FBC-1=PNV		ANV-PNV
	<b>7:00</b>			<b>4</b>					<b>8 oz.</b>
	<b>4:00</b>				<b>3</b>		<b>Yes</b>		
	<b>9:30</b>	<b>250 cc</b>				<b>2</b>		<b>Yes</b>	
						Σ	Σ	#	#
ADV	DU Volume			Σ/DLE	Σ/DUE				
Total 24h					#LE	#UE	#Diapers	#EE	
	ATV	TU Volume			Σ/TLE	FBC	NUV/TUV		

Please record time of each episode (urine output, leakage, diaper or pad change, and fluid intake) into the shaded areas only. Remember one paper sheet represents 24 hours only.

- Start recording the first voided urine volume as you wake up during the night.
  - Example** above: you got up at **2:00 AM** and voided **300 cc**
- Record your first void of the morning after you wake up into the last shaded row in the upper shaded square.
  - Example** above: you woke up at **7:00 AM** and voided **450 cc**
- Record you pain on the scale between 0 and 10 (10 being the worse pain)
- all your leaking episodes in the 4<sup>th</sup> column according the severity
  - = slight leakage (few drops)
  - = moderate leakage (1-2 tablespoons)
  - = heavy leakage (soaks pad, clothing)
- Urgency
  - = able to finish task before toileting
  - = able to hold urine until toileting
  - = not able to hold urine before toileting
- Record any replacement of your protection (pad, diaper, etc.) into the 5<sup>th</sup> column
  - Example** above: you leaked and soaked your pad at **4:00 PM** and changed your pad afterward
- Record your entire fluid intake during 24h into the 6<sup>th</sup> shaded column (fluids include sodas, water, juices, alcohol, soups, jelly).
  - Example** above: you had a cup (8 oz.) of coffee at **8:00 AM** with breakfast