## Fluid Diary

Day 1: ..... / ........ / ..........

Before or during the treatment of incontinence, it is advisable to keep a fluid diary for at least 3 days. It provides your healthcare professional an initial overview of your micturition behaviour. Based on this, they can create a treatment plan and recommend the right product for you.

Begin recording upon rising in the morning and continue for a full 24 hours. Record times for drinking, using the bathroom and leaks.

MoliCare sample at

For further information on MoliCare continence products please call HARTMANN Customer Care toll free on 1800 805 839.

PAUL HARTMANN Pty Ltd. ABN 35 000 099 589. Level 5, 1 Thomas Holt Drive Macquarie Park NSW 2113. PO Box 943 North Ryde BC NSW 1670 ® Registered trademark PAUL HARTMANN AG.

## Legend

- 1. Fluid intake: number of glasses (ca 250ml)
- 2. Urgency to use the bathroom: x = barely, xx = strong, xxx = very strong
- 3. Amount voided: Amount of urine voided in the toilet. x = little, xx = medium, xxx = much
- 4. **Leak volume:** Amount of urine leaked into the product. x = drops/damp, xx = wet/soaked, xxx = bladder emptied

**HARTMANN** 

Scan the QR code for tips to select the right style of continence product or visit www.molicare.au

Day 2: ..... / ...... / ........

	Time	Fluid intake <sup>1</sup> in glasses	Urgency <sup>2</sup> (x, xx or xxx)	Amount voided <sup>3</sup> (x, xx or xxx)	Leak volume <sup>4</sup> (x, xx or xxx)	Product change (tick or cross)	Time	Fluid intake <sup>1</sup> in glasses	Urgency <sup>2</sup> (x, xx or xxx)	Amount voided <sup>3</sup> (x, xx or xxx)	Leak volume <sup>4</sup> (x, xx or xxx)	Product change (tick or cross)	Time	Fluid intake <sup>1</sup> in glasses	Urgency <sup>2</sup> (x, xx or xxx)	Amount voided <sup>3</sup> (x, xx or xxx)	Leak volume <sup>4</sup> (x, xx or xxx)	Product change (tick or cross)
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