

Fluid Diary

HARTMANN



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.

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Legend

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

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



Day 1: / /

Day 2: / /

Day 3: / /

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