Examples of how voiding diaries can aid in establishing a diagnosis

Example 1:

Time	Loss of Urine
6-7 AM	
7-8 AM	
8-9 AM	√
9-10 AM	√
10-11 AM	√
11-12 noon	√
12-1 PM	
1-2 PM	
2-3 PM	
3-4 PM	
4-5 PM	
5-6 PM	
6-7 PM	
7-8 PM	
8-9 PM	
9-10 PM	
10-11 PM	
11-12 midnight	
12-1 AM	
1-2 AM	
2-3 AM	
3-4 AM	
4-5 AM	
5-6 AM	

Example of urinary incontinence due to a diuretic given to the patient at 8:00 AM breakfast.

Example 2:

Time	Loss of Urine
6-7 AM	
7-8 AM	√
8-9 AM	√
9-10 AM	√
10-11 AM	
11-12 noon	√
12-1 PM	
1-2 PM	
2-3 PM	√
3-4 PM	√
4-5 PM	
5-6 PM	
6-7 PM	√
7-8 PM	
8-9 PM	√
9-10 PM	
10-11 PM	√
11-12 midnight	√
12-1 AM	
1-2 AM	√
2-3 AM	
3-4 AM	
4-5 AM	√
5-6 AM	√

Example of urge or overflow incontinence.

Example 3:

Time	Loss of Urine
6-7 AM	
7-8 AM	
8-9 AM	√ (cough)
9-10 AM	
10-11 AM	
11-12 noon	
12-1 PM	√ (sneeze)
1-2 PM	
2-3 PM	√ (exercise)
3-4 PM	
4-5 PM	
5-6 PM	
6-7 PM	
7-8 PM	√ (laugh)
8-9 PM	
9-10 PM	
10-11 PM	
11-12 midnight	
12-1 AM	
1-2 AM	
2-3 AM	
3-4 AM	
4-5 AM	
5-6 AM	

Example of stress incontinence.