

## Why you should record a Fluid Diary

Before or during the treatment of incontinence it is advisable to keep a fluid diary for at least 3 days. It provides your health care specialist a first and quick overview of your micturition behaviour.

Based on this, he or she can create a therapy plan and recommend or prescribe the right product for you.

Order your FREE MoliCare® samples at molicare.com.au

## How to record a fluid diary

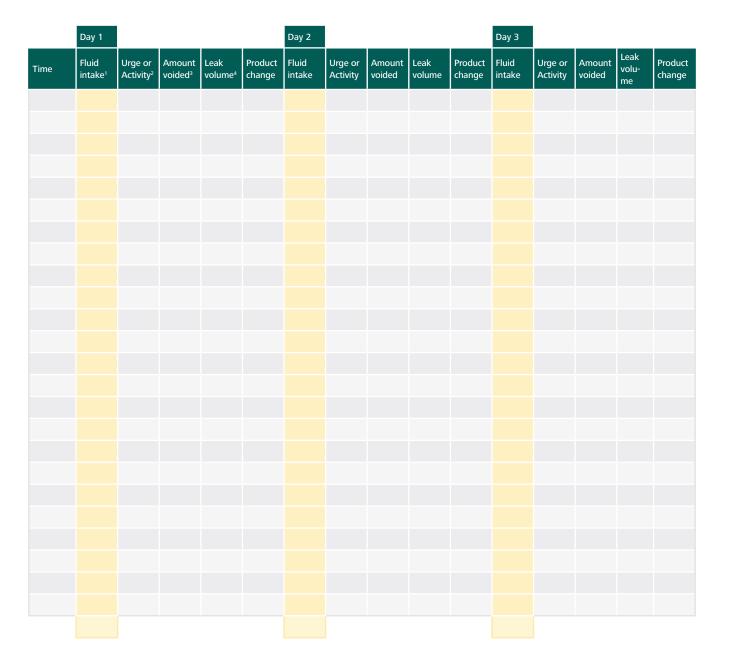
Take notes with ticks and crosses:

- Fluid intake in glasses or cups (ca 250ml)
- If there was an urge
- Amount of urine voided or leaked
- Loss of urine during the day and at night



Scan the QR code for tips to select the right style of continence product or visit molicare.com.au Begin recording upon rising in the morning and continue for a full 24 hours. Record separate times for drinking, using the bathroom and leaks.





| 'Fluid intake: in glasses or cups (ca 250ml)
| 'Urge: x = barely, xx = strong, xxx = very strong

**<sup>3</sup>Amount voided in the toilet:** x= little, xx = medium, xxx= much **<sup>4</sup>Leak volume:** x = drops/damp, xx = wet/soaked, xxx = bladder emptied