Nguyen LN, et al. Canadian Urological Association best practice report: Diagnosis and management of nocturia

APPENDIX

Supplement 1. Adapted template voiding diary

Please use the voiding diary below to record your urine output, fluid intake, sleep times/episodes of nocturia, and any episodes of leakage (if applicable) for 3 complete 24-hour periods. These periods do not have to be consecutive days.

Time of day	Fluid intake	Voiding	Bedtime	Waking to void	Waking comments
Indicate the time of day for each event	Write down the type of fluid and amount drank in mL	Write down mL voided into urinary hat. Include any episodes of incontinence (i.e., "accidents") as well	Identify the approximate time you went to bed (in the row to the closest hour)	Identify all waking episodes after bedtime (in the row to the closest hour)	Identify whether you felt you were woken from the need to urinate or for another reason