

MoliCare® 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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FREE MoliCare
sample at
health7.co.nz

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

Scan the QR code for tips
to select the right style
of continence product



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)
DAY	AM					
	AM					
	AM					
	AM					
	AM					
	AM					
	AM					
	AM					
	AM					
	AM					
	AM					
	AM					
NIGHT	PM					
	PM					
	PM					
	PM					
	PM					
	PM					
	PM					
	PM					
	PM					
	PM					
	PM					
	PM					

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