3-Day (72-Hour) Bladder & Voiding Diary

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Simple instructions: Pick **3 full 24-hour days** (they do not need to be consecutive). Use a measuring jug in milliliters (`ml`). Log every drink and every void. Under **Urg.** rate sudden urgency: `0` none, 1 mild, 2 strong, 3 leakage. Under **N / M** write `N` if woken from sleep to void and `M` on the **first morning void upon waking** (counts toward overnight urine production).

DAY 1 · Date: ____/____/_____

Bedtime: _____ | Wake-up: _____

Time	Drink (ml)	Urine (ml)	Urg. (0–3)	N / M

24 h fluid intake: _____ **ml**
24 h urine output: _____ **ml**
Night urine (N + M): _____ **ml**

DAY 2 · Date: ____/____/_____

Bedtime: _____ | Wake-up: _____

Time	Drink (ml)	Urine (ml)	Urg. (0–3)	N / M

24 h fluid intake: _____ **ml**
24 h urine output: _____ **ml**
Night urine (N + M): _____ **ml**

DAY 3 · Date: ____/____/_____

Bedtime: _____ | Wake-up: _____

Time	Drink (ml)	Urine (ml)	Urg. (0–3)	N / M

24 h fluid intake: _____ **ml**
24 h urine output: _____ **ml**
Night urine (N + M): _____ **ml**

Why this single sheet changes diagnoses: If more than **33% of your total 24-hour urine volume** is produced while asleep (night voids marked `N` plus the first morning void `M`), you have **nocturnal polyuria** · excess overnight urine production (sleep apnea, leg fluid reabsorption, late evening fluids, or medication timing) that no prostate pill or prostate surgery alone can cure.