



**Recording Urge**

At the time just before voiding record how strong the urge is to pass urine

0 – no urge

1 – mild urge but could hold for 60 minutes

2 – moderate urge but could hold for 30 minutes

3 – strong urge but could hold for 15 minutes if your had to

4 – severe urge cannot hold, must run to the bathroom

**Recording Leakage**

If there is no leakage please leave blank. Note leakage is different to vaginal discharge. It is normal to have small amounts of vaginal discharge. Leakage is specific to urine only.

1 – underpants damp

2 – outer garment wet

3 – urine down the leg