imprimis PHARMACEUTICALS

VOIDING LOG

If you are experience urgency and frequent urination and other symptoms associated with interstitial cystitis (IC), also known as, painful bladder syndrom (PBS), use this voiding log to keep track of how often you are using the restroom and bring with you to your doctor. This is a very effective piece of information for your doctor to understand what has been going on with your symptoms and what those symptoms may be related to.

Time of day	**Description of fluid intake** (water, coffee, wine, etc)	**Volume of fluid intake** *(one cup, 4 oz, etc)*	**How much you urinated** *(2 oz, 1 cup, etc.)*	**Did you experience a sense of urgency**	**Notes**
7:00 AM			8 oz	Yes	I had pelvic pressure really bad

DEFEAT IC

www.DefeatIC.com