

1. 請在表格上記錄24小時內每次飲水時間、飲水量和小便量。飲水量和小便量的單位為毫升(ml)。
Please record the time and amount of each urine and fluid intake in the designated spaces for a 24-hour period. Unit: milliliters (ml).
2. 如有失禁，請在失禁的空格內記下失禁的情況及嚴重程度。
If incontinence occurs, please record the situation and severity in the designated space for incontinence.
3. 把每日日間和夜間的小便量合計，記錄在表格上。
Sum up the daily daytime and nighttime urine output and record it in the table.

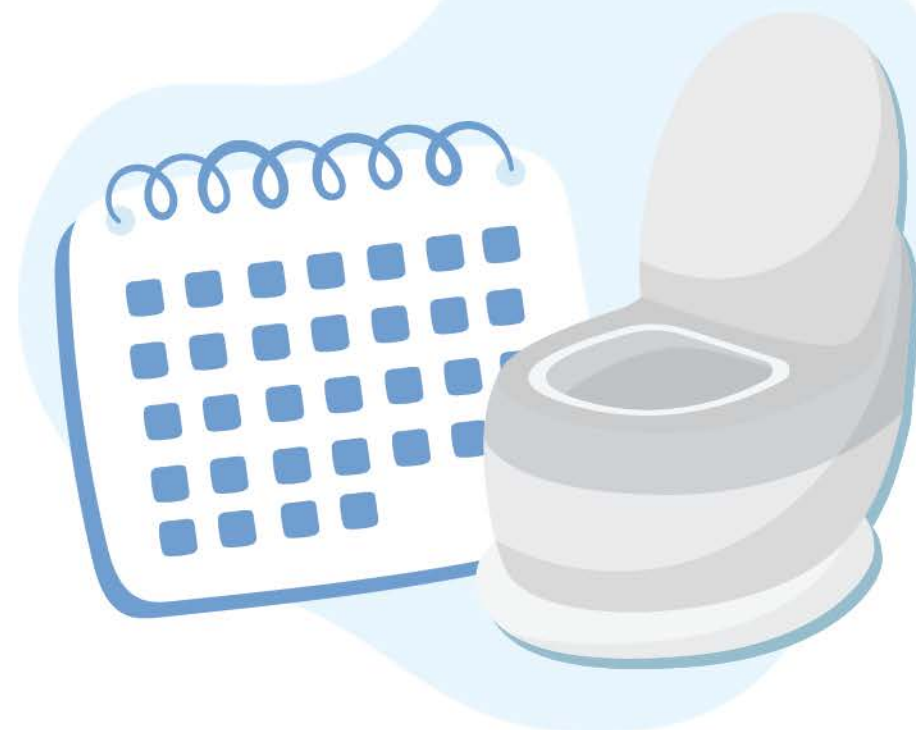
例子 Example:

日期 & 時間 Date & Time	飲水量 Fluid Intake (ml)	小便量 Urine Output (ml)	失禁情況/原因 Cause of Incontinence	失禁嚴重程度* Severity of Incontinence (+為最低分, +++為最高分) (+ Minor, +++ Severe)
起床 20/1 Wake Up: 7:00 am (刷牙洗臉時間為一天的開始 Brushing teeth and washing face marks the start of the day)		300		
20/1 7:30 am	100	150		
20/1 9:00 am	100	150		
20/1 12:00 pm	300		1 急 Urgency	+
20/1 2:00 pm	200	400		
20/1 4:00 pm	100			
20/1 6:00 pm	200	200	1 咳嗽 Cough	+
20/1 8:00 pm	300			
20/1 10:00 pm	200	200		
20/1 12:00 am		100		
20/1 3:00 am		100		
20/1 4:00 am		100		
合計 Total:	1500	1700		

* 失禁情況：請註明原因，如(咳/急/跑/攜重物...)。
Please state the reasons (e.g. cough/urgency/running/carrying heavy objects...) for incontinence.
記錄三天小便量、失禁情況、失禁嚴重程度
Record three days of urine output, incontinence and severity of incontinence
失禁程度：*量少 + (內褲濕)；量常 ++ (濕面褲、床單)；量多 +++ (濕衣服及濕地)
For severity of incontinence: Minor (underwear damp), Moderate (Pants / sheet damp), Severe (Wet clothes & floor)



小便日誌 Urination Diary



小便日誌 Urination Diary:

姓名 Name:

[illegible][illegible]

	日間小便量合計 Day-time Urine output sub-total	夜間小便量合計 Night-time Urine output sub-total	每天總小便量 Urine Output Total
第一天 Day 1			
第二天 Day 2			
第三天 Day 3			

* 失禁情況:請註明原因,如(咳/急/跑/攜重物...)

Please state the reasons (e.g. cough/urgency/running/carrying heavy objects...) for incontinence

記錄三天小便量、失禁情況、失禁嚴重程度

Record three days of urine output, incontinence and severity of incontinence

失禁程度：*量少 + (內褲濕)；量常 ++ (濕面褲、床單)；量多 +++ (濕衣服及濕地)

For severity of incontinence: Minor (underwear damp), Moderate (Pants / sheet damp), Severe (Wet clothes & floor)