

Two days of records tell a doctor more about night-time urination than a year of describing it. Keep a measuring jug in the bathroom and write down *every* time you go — daytime included.

How to fill this in

- 1. Measure every void, day and night, for two full days. Ounces or millilitres — just stay consistent.
- 2. Include the first one after you wake up. It belongs to the night, and it is the one people forget.
- 3. Log what you drink and roughly how much, especially after 6 p.m.
- 4. Tick "urgent" when you had to rush rather than simply needing to go.
- 5. Note bedtime and wake time so the overnight window is clear.

Name	Date — Day 1	Bedtime	Woke at
TIME	AMOUNT PASSED	WHAT YOU DRANK, AND HOW MUCH	URGENT?

OVERNIGHT — FROM BEDTIME UNTIL YOU GET UP FOR THE DAY

DON'T SKIP THE DAYTIME ROWS

It is tempting to record only the night, since that is the part causing trouble. But the whole question is what share of your daily output happens overnight — and you cannot work out a share without the total.

Date – Day 2		Bedtime	Woke at
TIME	AMOUNT PASSED	WHAT YOU DRANK, AND HOW MUCH	URGENT?

OVERNIGHT – FROM BEDTIME UNTIL YOU GET UP FOR THE DAY

Add it up		
	DAY 1	DAY 2
Total passed over 24 hours		
Total passed overnight, including the first one after waking		
Overnight as a share of the 24-hour total (overnight ÷ total × 100)		
Number of times you got up		

What the numbers point to

Large volumes, more than about a third of the daily total overnight. That is nocturnal polyuria — the body producing too much urine at night rather than the bladder failing to hold it. It is the most frequent driver in men over 50, and prostate treatments do not address it. Look instead at fluid timing, afternoon leg elevation, the timing of a diuretic, and untreated sleep apnea.

Small volumes, many trips. A storage problem — the bladder is not holding a normal amount. This is the pattern where an enlarged prostate or an overactive bladder is the likely explanation, and where treatment aimed at the prostate makes sense.

A large total across the whole 24 hours, day and night alike. Different signal again, and one that can point to poorly controlled blood sugar. Worth an appointment rather than a supplement.

DON'T WAIT ON THESE

Blood in the urine. Pain or burning. Fever alongside urinary symptoms. Being unable to urinate at all — that one is an emergency department, not an appointment. Symptoms that arrived over weeks rather than years. Unexplained weight loss. Any of these needs a doctor now, whatever the diary says.