

Weekly Diary

Keep this Diary for one week to help determine the Absorbency Level of Prevail® Absorbent Product and as a Tool when discussing incontinence with your health care provider.




Our Help Line:
800-227-3551

Put a check mark in the appropriate box each time you urinate. For each incident of leakage indicate the amount of urine lost by writing in the blue shaded box (second row):

S = Small Amount 

M = Medium Amount 

L = Large Amount 

At the end of the week, review your diary and use the product selection tool found on Prevail.com to select the most appropriate form of incontinence protection. If you are unsure about your selection, ask your health care provider or pharmacist to help, or call our help line:

800-227-3551

	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	Total	
Sunday																										
Monday																										
Tuesday																										
Wednesday																										
Thursday																										
Friday																										
Saturday																										