

Table 1 – Bladder diary parameter definitions

Variable	Abbreviation	Definition
Daily Urine Volume (mL)	DUV	The total volume of urine passed during the main awake period. Does <u>not</u> include first morning void.
Daytime Maximum Voided Volume (mL)	DMVV	The largest single voided volume during the main awake period. Does <u>not</u> include first morning void.
Actual Number of Nightly Voids (nocturia severity)"	ANV	The number of times an individual passes urine during their main sleep period (i.e. after going to bed with intention of sleeping). Does not include first morning void after rising for day.
Nocturnal Urine Volume (mL)	NUV	The total volume of urine passed during the individual's main sleep period. It includes the first void after rising in the morning.
Night-time Maximum Voided Volume (mL)	NMVV	The largest single voided volume during the main sleep period. Includes first morning void.
24-hr Maximum Voided Volume (mL)	24MVV	The largest single voided volume during a 24-hour period.
24-hr Urine Volume (mL)	24UV	Total urine volume in a 24-hr period.
Nocturnal Polyuria Index (mL)	NPi	Increased proportional production of urine during the night-time compared with the 24 hour urine volume. Given by the formula: [(Nocturnal Urine Volume / 24hr urine volume) x 100]. A NPi >33% indicates excessive night-time urine production. (Weiss, 2019)
Daytime Diuresis Rate (mL/min)	DDR	The rate of urine production during the day: Daily Urine Volume (mL) / Daytime Duration (mins).
Night-time Diuresis Rate (mL/min)	NDR	The rate of urine production during the night, given by the formula: Nocturnal Urine Volume (mL) / Night-time Duration (mins).
Nocturia Index	Ni	Nocturnal Urine Volume / 24hr Maximum Voided Volume. If Ni >1, nocturia occurs because the volume of urine being produced at night exceeds the 24MVV. Ni>1.3 is used as the cut-off value; implying that nocturia is related to excessive urine production.
Predicted Number of Nightly Voids	PNV	Nocturia Index – 1 (rounded up to nearest integer).
Nocturnal Bladder Capacity Index	NBCi	Actual Number of Nightly Voids - Predicted Number of Nightly Voids. An unrounded NBCi>1.3 indicates that nocturia is related to low bladder to store urine at night.