BLADDER DIARY

This chart is a record of your fluid intake, voiding and urine leakage. Please bring this diary to your next visit.

Instructions:

- 1. Choose 1-2 days (entire 24 hours) to complete this record <u>— they do not have to be in a row</u>. Pick days that will be easy for you to measure every void.
- 2. If your provider is prescribing medication, she will want you to repeat this log on the 3rd-4th week once you are on the medication.
- 3. Begin recording when you wake up in the morning-continue for a full 24 hours.
- 4. Make a separate record for each time you void, leak, or have anything to drink.
- 5. Measure voids (using cc measurements).
- 6. Measure fluid intake in ounces.
- 7. When recording a leak please indicate the volume using a scale of 1-3 *(1=drops/damp, 2=wet-soaked, 3=bladder emptied), your activity during the leak, and if you had an urge ("yes" or "no").
- 8. PLEASE REMEMBER TO BRING THIS FORM TO YOUR NEXT OFFICE VISIT

DAY 1- DATE:

DATI-BALE.						
Time	Amount Voided (in cc's)	Leak Volume (scale of 1-3 see #7 above)	Activity during leak	Was there an urge	Fluid intake	
Example						
7:15 a	350cc's					
7:45 a		2	Watching TV	Yes		

DAY 2- DATE:

DAY 2- DATE:						
Time	Amount Voided (in cc's)	Leak Volume (scale of 1-3 see #7 above)	Activity during leak	Was there an urge	Fluid intake	
Example						
7:15 a	350cc's					
7:45 a		2	Watching TV	Yes		

DAY 3- DATE: _____

Time	Amount Voided (in cc's)	Leak Volume (scale of 1-3 see #7 above)	Activity during leak	Was there an urge	Fluid intake
Example					
7:15 a	350cc's				
7:45 a		2	Watching TV	Yes	

DAY 4- DATE:

DAY 4- DATE:						
Time	Amount Voided (in cc's)	Leak Volume (scale of 1-3 see #7 above)	Activity during leak	Was there an urge	Fluid intake	
Example						
7:15 a	350cc's					
7:45 a		2	Watching TV	Yes		
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