

BLADDER DIARY

Instructions to patient: A bladder diary gives important information about fluid intake, bladder emptying and urine leakage. This information helps us to help you. **Please complete the three-day diary whether you leak or not.**

How do I keep a bladder diary?

- Each time you have a drink, record the time, what you drank, and amount (in ounces, cups or mls).
- **Accurate measurement of urine voided (in ounces, cups or mls) is very important** to assess the bladder's capacity over 3 days and nights. Consecutive days are helpful but not mandatory. If you accidentally miss a measurement please document the time and estimate the void as small/medium/large. If you have trouble completing the bladder diary, please contact us for advice.
- Each time you **leak** urine, write if it was a small, medium or large amount.
 Small = few drops only Medium = wet underwear or pad Large = soaked clothing or pad.

Write what you think caused the leakage. For example, if the leakage was caused by a sudden and strong urge to pass urine, write "urgency" in the "Reason for leakage" column.

Time:	Drinks:		Urine voided in toilet: ml or oz	Urine leakage Small/Medium/ Large	Reason for leakage
	Type	Amount			
7:00 am			400 ml		
7:30 am	Green tea	1 ½ cup			
9:00 am				small	cough
10:00 am	water	500 mls			
10:30 am			250 ml	medium	urgency
11:00 am			150 ml		
12:00 noon	milk	6 ounces		small	sneeze

NOTES: I have a cold, coughing a bit.

Number & type of pads used: 1 maxi menstrual pad, 1 panty liner

