

Bladder Diary

The Bladder Diary is for you to record:

- How often you urinate
- How much urine you passed
- How often you accidentally leak urine
- What you think caused the accident
- The amount and type of drinks you had during the day

You should start recording on the sheet each day when you get up in the morning. Then record on the same sheet for a full 24-hour period. Start a new sheet each day.

You will need to measure how much you urinate using a measuring jug, including the volumes you pass overnight. After you have filled out the Diary for 3 days, bring the Diaries to your doctor's office.

How to use the Bladder Diary:

1st column

Fill in the times each time that you urinate in the toilet or have an accident (leak urine before getting to the toilet).

2nd column

Fill in the volume of urine if you urinated in the toilet.

3rd column

Check this column if you had an accident.

4th column.

If you had an accident, write down what you think caused the accident

5th column

In this column, write down what you have been drinking

