Bladder Diary

Date: _____

A Bladder Diary is a tool used to record the liquids you consume and the pattern of your bladder/urination in order to help you and your healthcare provider understand your urinary symptoms. It is important to use a new Bladder Diary sheet every 24 hours. See additional instructions on the back of this page.

Urine					Drinks		
Time	Amount (mL)	How strong was the urge to void? (0, 1, 2)	Did you experience accidental leakage?	What were you doing?	Time	Amount (mL or cups)	Type of Liquid

Products Used

I used _____ bladder control pads or male guards today.

I used _____ pull-ons (protective underwear) and/or briefs (adult diapers) today.

Questions/Concerns

_____

_____

_____

_____

Instructions

A Bladder Diary is a tool used to record the liquids you consume and the pattern of your bladder/urination. Use a new Bladder Diary sheet for each 24 hour window. In your Bladder Diary, it is important to accurately record the following information:

Time & Amount of Urine

The time and amount of urine you pass. You can get a rough idea of how much urine you pass by counting the time it takes to void your bladder.

Ten seconds of constant urine flow is approximately 300mL. It is important to count evenly, (i.e. 1 one thousand, 2 one thousand, 3 one thousand).

Urgency to use the Bathroom

Each time you void your bladder, record how urgent the need was to use the restroom.

0 – Not urgent
1 – I had to go within 10-15 minutes of the initial urge
2 – I had to stop everything I was doing and use the restroom right away

Accidental Leakage

If you experienced any accidental leakage or accidental complete voiding of your bladder, record this in the accidental leakage column along with the amount of urine that was voided **(small, medium, or large amount)**.

Liquid Consumption

The **type and amount** of liquid you consume, as well as the **time** you drink it.

Activity During Onset

What you were doing when the urge to urinate occurred or when the leakage occurred.

Sleep Schedule

When you go to sleep at the end of the day, write "**went to bed**" in the time column.

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