# Bladder Diary

Date: _____

A Bladder Diary is a tool used to record the liquids your child consumes and the pattern of their bladder/urination in order to better understand your child's urinary symptoms and patterns. 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 they experience accidental leakage? | What were they doing? | Time | Amount (mL or cups) | Type of Liquid |
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## Products Used

My child used _____ diapers or pull-ups today.

## Questions/Concerns

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# Instructions

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

## Time & Amount of Urine

The time and amount of urine your child passes. You can get a rough idea of how much urine your child passes by counting the time it takes to void their 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 your child voids their bladder, record how urgent the need was to use the restroom.

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

## Accidental Leakage

If your child experienced any accidental leakage or accidental complete voiding of their 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 your child consumes, as well as the **time** they drink it.

## Activity During Onset

**What your child was doing** when the urge to urinate occurred or when the leakage occurred.

## Sleep Schedule

When your child goes to sleep at the end of the day, write **"went to bed"** in the time column.

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