



## HOW DO I KEEP 24-HOUR BLADDER DIARY?

A bladder diary gives you and your therapist important information about urine leakage and bladder habits. This information helps in planning treatment programs and in evaluating your treatment.

The time that an event happens must always be written in the bladder diary.

When you have a drink, record the time, the amount (in ozs. or mls), what it was you drank.

When you go to the bathroom to empty your bladder, write down the time you went.

When you leak urine, write the time and write if it was a small, medium, or large amount.

Small = few drops only. Medium = wet underwear or pad. Large = soaked clothing or pad.

Finally, write what you think caused the leakage.

If you experienced a <u>sudden strong</u> urge that caused you to leak, put a tick in the "strong urge" column.

Please turn over to see Sample Bladder Diary

## Example:

Urinary Diar	y Day	y #1 Date			
Time	Urinated in Toilet	Amount and Type of Drink	Leakage Small/Medium/Large	Reason for Urine Leakage	Strong Urge?
7:00 AM	1				
8:00 AM	de notie	1 c. tea	i i i i i i i i i i i i i i i i i i i	as soy covig (16il	Tobbald
9:15 AM	1	38980893			
9:30 AM		1 c. coffee			
10:30 AM			small	walking	1
10:45 AM	1	a eso e la touome			
12:30 PM	3	1 c. milk	-	alaer	1107, 22.77
1:30 PM	1	in ethan ambhald	nov racena et e	nordiad editors	moreof.
3:00 PM		1 diet cola			311537-156
3:30 PM		lieme a zawii li si	medium	cough	nov med
4:00 PM	1			28	101118 937
6:10 PM	1		small	sneeze	
7:00 PM		1 c. water			
9:30 PM	1	caused you to le	(19878 800T)?		
3:00 AM	1			ang arge" column	rite" str

NOTES:	I have a cold, coughing and sneezing more than usual.								
	•								
NUMBER AN	D TYPE OF PADS USED TODAY:	2 maxi menstrual pads	_						



Date:

.Day #1,

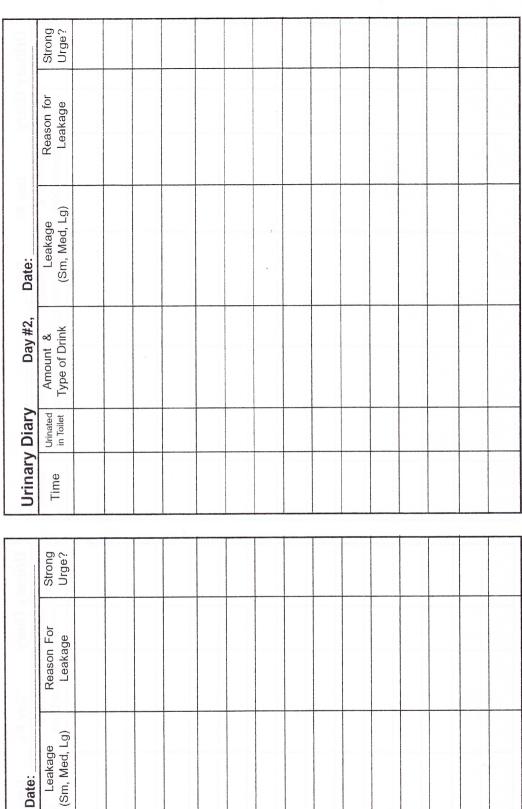
**Urinary Diary** 

Amount & Type of Drink

Urinated in Toilet

Time

## Continence Clinic Bladder Diary



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Name:



## Continence Clinic Bladder Diary



	Strong Urge?								
	Reason for Leakage								
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	(F								
	Leakage (Sm, Med, Lg)								
Date:	Lea (Sm, I								
4,									
Day #4,	Amount & Type of Drink					-	Management of the state of the		
<b>Urinary Diary</b>	Urinated in Tollet								
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1	9								
	Strong Urge?								
	or						P C P C C C C C C C C C C C C C C C C C		
	Reason For Leakage								
THE CHAPTER STATES AND PASSES.	Re								
AND STREET, STATUTE ST	Lg)								
Date:	Leakage (Sm, Med, Lg)								
Ω	L (Sm								
Day #3,	% in Xri								
Day	Amount & Type of Drink								
<b>Urinary Diary</b>	Urinated in Tollet								
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Notes: