



## 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 sudden strong urge that caused you to leak, put a tick in the "strong urge" column.

*Please turn over to see Sample Bladder Diary*

**Example:**

Urinary Diary		Day #1	Date: _____		
Time	Urinated in Toilet	Amount and Type of Drink	Leakage Small/Medium/Large	Reason for Urine Leakage	Strong Urge?
7:00 AM	✓				
8:00 AM		1 c. tea			
9:15 AM	✓				
9:30 AM		1 c. coffee			
10:30 AM			small	walking	✓
10:45 AM	✓				
12:30 PM		1 c. milk			
1:30 PM	✓				
3:00 PM		1 diet cola			
3:30 PM			medium	cough	
4:00 PM	✓				
6:10 PM	✓		small	sneeze	
7:00 PM		1 c. water			
9:30 PM	✓				
3:00 AM	✓				

**NOTES:** *I have a cold, coughing and sneezing more than usual.*

**NUMBER AND TYPE OF PADS USED TODAY:** *2 maxi menstrual pads*





# Continence Clinic Bladder Diary

[illegible]

Number and type of pads used today:

Name:



# Bladder Diary

[illegible]

Notes: