

Bladder Diary Instructions

The Bladder Diary is for you to record:

- How often you urinate
- 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 each full 24-hour period. You should keep track of this information for at least 3 days in a row. After you have filled out the Diary for the required number of days, bring it with you on your first appointment.

How to use the Bladder Diary:

1st column

URGE: Check if you had a “sensation of having to urinate”.

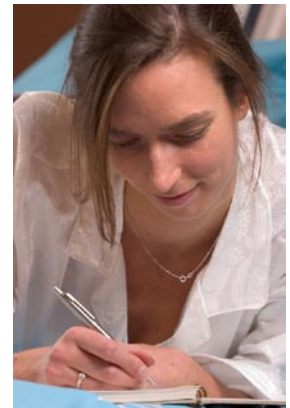
2nd column

ACCI: If you had an accident use the following numbers for this box.

1 = damp, few drops

2 = wet underwear or pad

3 = soaked clothing or emptied bladder



3rd column

VOID: Check if you urinated in the toilet (indicate approximate amount).

4th column.

DRINK: Indicate the amount of fluid intake in ounces here.

5th column

In this column, write down what you have been drinking before the accident.