

# Bladder Diary

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 a full 24-hour period. Start a new sheet each day. Your doctor should tell you how many days to keep track of this information. Your doctor may also ask you to measure how much you urinate, and write that down as well. After you have filled out the Diary for the required number of days, bring the Diaries to your doctor's office.

How to use the Bladder Diary:

## **1st column**

Fill in the date and times each time that you urinate in the toilet or have an accident (leak urine before getting to the toilet).

## **2<sup>nd</sup> column**

Check this column if you urinated in the toilet.

## **3<sup>rd</sup> column**

Check this column if you had an accident.

## **4<sup>th</sup> column.**

If you had an accident, write down what you think caused the accident

## **5<sup>th</sup> column**

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

