## **BLADDER DIARY**

- This chart is a record of your fluid intake, voiding and urine leakage.
- Choose 3-7 days (entire 24 hours) to complete this record they DONOT have to be in a row. Pick days in which will be convenient for you to measure EVERY void.
- Record separate times for voids, leaks and fluid intake.
- Usually a standard cup is of 250 ml. you can also confirm this with a measuring device before charting your fluid intake.
- For measuring your urine volumes you can place an old container or jug (with self-made calibration) in the bottom of your toilet bowl, otherwise just purchase a calibrated mug or any other measuring device.
- Please bring this diary to your next visit.

## At the bottom, record the no. of Pads used per day. *DATE:*

TIME	AMOUNT & TYPE OF FLUID IN	TIME	AMOUNT OF URINE PASSED	LEAKAGE 1 = drops/damp 2 = wet- soaked 3=bladder emptied	ACTIVITY DURING LEAK (eg. Sneezing, coughing, running etc.)	COMMENTS (urge, pain, burning etc.)

DATE:

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