



BLADDER DIARY INSTRUCTIONS

Bladder Diary Instructions:

To accurately perform a bladder diary you should use the attached bladder diary form and a urine measuring device such as a measuring cup or a plastic container called a urine “hat” that we can provide you. You have been asked by your doctor to complete at least one 24-hour bladder diary. If you have been asked to perform three different diaries, they do not need to be performed on consecutive days. Try to pick days that are more convenient for doing the bladder diary.

You will need to keep track of three different activities within a 24 hour period. You will record each event on the bladder diary form. Please use a separate line on the bladder diary form each recorded event.

Events:

1. Voluntary Urination (any time you use the restroom)
Each time you urinate please record the time and the amount that you voided. If you are unable to record the amount or forget, please still enter the time of the void and check the box labeled *volume not recorded*.
2. Accidental Leak
Each time you leak involuntarily please record the time and amount. To record the amount just check one of the three boxes according to:
 - 1 if it was damp (just a few drops)
 - 2 if it was enough to wet underwear or pad
 - 3 if it soaked clothing or caused you to empty your bladderAlso note if the leak was caused by an activity such as cough, sneeze, jogging, bending, etc. *or* an urge to urinate.
3. Fluid Intake
Each time you drink fluids please record the time and the amount. With each recorded time, please include the amount of fluid you drank and the type of fluid such as milk, water, soda, tea, coffee etc.

