Bladder Diary

The urine bladder diary gives your Health Care Professional a picture of your level of bladder weakness. Keeping an accurate and thorough diary will provide a clearer picture of your individual situation. Keep the diary for at least a week before seeing your Health Care Professional and take it to your next appointment.

Instructions for completing your diary:

- Record the date and time of day when you void in the toilet or have leakage.
- Record (yes/no) that you voided in the toilet in the 'Toilet' column.
- Indicate the degree of leakage (none/damp/wet) in the 'Leakage' column.
- Indicate if you changed your absorbent product or had to change your clothing.
- Note activity at the time of any leakage.
- In the Fluid Intake and Fluid Output column, if possible record these measurements. Measuring the amount drunk or voided will help your Health Care Professional assess your condition.

Urinated		Toilet (tick)		Leakage (tick)			Change (tick)		Activity	Fluid	
Date	Time	Yes	No	None	Damp	Wet	Product	Clothing		Intake	Output

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Urinated		Toilet (tick)		Leakage (tick)			Change (tick)		Activity	Fluid	
Date	Time	Yes	No	None	Damp	Wet	Product	Clothing		Intake	Output

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