DEPEND®

Living With Incontinence – Bladder Diary

The urine bladder diary gives a doctor a picture of your incontinence. Keeping an accurate and thorough diary will proved a clearer picture of your individual situation. Keep the diary for at least a week before seeing a doctor, and take it to the appointment.

Instructions for Bladder Diary:

- Make at least seven copies of the blank bladder diary form so that you can keep the diary for a week.
- Record the 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.
- Measuring the amount drunk or voided will help the doctor or nurse assess your condition. If possible, record these measurements in the "Fluid Intake" and "Fluid Output" columns.

TIME URINATED	TOILET	LEAKAGE	PRODUCT OR CLOTHING	ACTIVITY	FLUID INTAKE/ OUTPUT

® Registered Trademark Kimberly-Clark Worldwide, Inc. ©2006

FACT SHEET