

BLADDER DIARY

	Day 1				Day 2				Day 3			
	Urge	Accident	Void	Drink	Urge	Accident	Void	Drink	Urge	Accident	Void	Drink
12 AM												
1 AM												
2 AM												
3 AM												
4 AM												
5 AM												
6 AM												
7 AM												
8 AM												
9 AM												
10 AM												
11 AM												
12 PM												
1 PM												
2 PM												
3 PM												
4 PM												
5 PM												
6 PM												
7 PM												
8 PM												
9 PM												
10 PM												
11 PM												
Tot												
Pad												

Urge - Sensation of having to void, Accident - accidentally urinating, Void- Urinate in toilet, Drink- Fluid intake in Ounces
 Accidents should be graded as follow: 1= Damp, a few drops, 2=Wet underwear or pad, 3= Soaked or Emptied bladder

Bladder Diary Instructions

A complete and thorough bladder diary will help us to better evaluate and treat your bladder problem. Please follow the instructions below:

1. It is important to keep the diary for a minimum of 3 days. These should be 3 consecutive days.
2. Each day is divided into 4 columns: Urge, Accident, Void and Drink. Time is divided into hourly increments.
3. **Urge:** The sensation of having to urinate. There may be times when it is not convenient to get to a bathroom. Place a mark in this column whether you voided or not. For example, it is 2:30 PM and you are driving home from the mall and have the urge to void but cannot find a bathroom. Put a checkmark in the column marked urge that corresponds with the time, in this case 2 PM to 3 PM. Should you feel three urges in one hour, put 3 checkmarks.
4. **Accidents (Acci):** Accidental loss of urine. Accidents are graded in severity. If you experience any urine loss during the day, please mark the corresponding hour with a 1, 2, or 3.
 - 1 = Dampness or urine loss of only a few drops
 - 2 = Wet underwear or a pad
 - 3 = soaked your underwear, pad or clothing
5. **Void:** Urinate into a toilet. Mark the appropriate box whenever you urinate into the toilet, whether you have an urge or not. If you go to the bathroom 4 times in one hour, check the box 4 times...etc. You do not need to measure the volume, unless you have been otherwise instructed to do so.
6. **Drink:** Please record your fluid intake in ounces. It is important to know if you are drinking too much or too little, and it is important to know what type of fluids you are drinking. It may be easier for you to record it with a short abbreviation such as 8 m (8 ounces of milk).
7. **Pads:** If you must use pads, please indicate the number.