

Bladder Diary instructions:

This diary is a record of your voiding (urinating), leakage of urine (incontinence) and fluid intake. Please complete the diary according to the following instructions. Choose two convenient days to keep this record. It should be a 24 hour period from your first void when you get up in the morning to the first void when you get up the following morning. Please record when you go to bed at night and all night voids. Separate the two days. This does not need to be two days in a row. Begin your record as in the example below. Use a standard measuring device and record the ounces or milliliters. Discard the urine each time after measuring.

Time of void or drink	Volume voided	Strong urge? (y/n)	Leak? (y/n)	Volume drunk	What was drunk
Example:					
8:00 am	8 oz	yes	no		
8:20 am				12 oz	coffee
9:00 am	6 oz	yes	yes		

- **Record the time of all voids, leakage events and intake of fluids.**
- **Record events or activity immediately leading to leakage**
- **Record void and intake at separate times on separate lines.**
- **Measure output in ounces or milliliters.**
- **If you felt a strong urge (could not wait another 5 minutes) to urinate with your void or leakage please note this in the appropriate column.**
- **Record the amount and type of all liquid intake.**