**BLADDER DIARY INSTRUCTIONS**

Please complete the attached Bladder Diary. Bring it with you to your next appointment.

The Bladder Diary asks you to keep a detailed record of your fluid intake and your urine output for 48 hours. It is best to pick a time period in which you will be at home so that recording is made easier. Record in the appropriate column all fluid that you drink; what it is; and how much. This includes water, coffee, juice, soda, etc. Measure your urine output using any type of cup container at home. It can be recorded in ounces, cups or cc's. Just be consistent in how you measure. It must be an exact amount. Do not list "just a small amount or a large amount". Be specific in unit measurement. Also record any episodes of urinary incontinence that may occur and what activity you were doing at the time the incontinence occurred.

BLADDER DIARY

Name: Date of Birth:

Frequency /Volume

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time/Date | Amount Voided | Amount/Type Intake | For Incontinent Episodes, | place an "X" |
| Activity |  | No Warning |
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