



BLADDER DIARY

In order to help diagnose the causes of your urinary incontinence and/or frequency, we would like you to keep a diary. You will need to keep track of **ALL** that you drink and void for three days.

The days you choose should be “average” days -- that is, you should not change your drinking or bathroom habits while you record this information.

- Choose 3 days (entire 24 hours for each day) to complete this record
- Pick days that will be convenient for you to measure **MOST** or **EVERY** void.
- You should measure and record even when you get up in the middle of the night.
- If you work outside your home, we would like you to record one full day at work and instead of measuring urine output, you can just “√” indicating that you voided.

Instructions:

1. Begin recording when you first wake up in the morning and continue for a **full 24 hours** (until the next morning). You don't need to write the date on every line, just when it changes. Do this for 3 days.
2. Measure voids using the lines on the hat given to you.
3. Measure what you drink in the column labeled “What type” write (i.e. coffee, water, soda, soup) and in the “How much?” column write the amount in ounces (oz).
4. In the three shaded columns, record only when you **leak** – please indicate the volume (1, 2 or 3), your activity during the leak, and if you had an urge (yes or no). If you **NEVER** leak, you can skip this section.
5. When you have finished all the days email or fax it to us (or you can bring your completed diary with you to your next appointment).
6. **IF** you have an appointment for **urodynamic testing scheduled**, you should bring the diary with you for that visit. This will help us guide your testing.

Make sure that you have a follow-up visit to go over all the results. If this was not set up at your visit, please call us. Do not hesitate to call our office at 408-827-4274 with any questions!

Example:

Date	Time	Amount Voided (cc)	Leaking			Fluid Intake	
			Leak volume 1 = few drops 2 = soaked pad 3 = emptied bladder	Activity during leak	Did you have a strong urge?	What did you drink?	How much did you drink?
May 15	6:30am	400				Water	2 oz
			3	Washing dishes	Y		
			1	cough	N		
	8am					Coffee	6 oz

