

Bladder Diary

Patient's name: _____ Contact information: _____

Healthcare provider: _____ Healthcare provider's contact information: _____

A Bladder Diary is a valuable assessment tool for you and your healthcare provider to gain a clearer understanding of your bladder symptoms. It helps you monitor several key factors: the timing and quantity of fluid intake, the frequency and volume of urination, instances of urgent need, and occurrences of urine leakage.

Instructions

- 1. Wake up:** Begin writing in your diary when you wake up each day. Take notes throughout the day, and continue until you complete 24 hours. For example, if you wake up at 7 a.m. on the first day of your diary, take notes until 7 a.m. the next day.
- 2. Note your drinks:** Write down what you drink (i.e., water, juice, coffee, wine) and how much. It is helpful to measure the amount. If you are unable to measure your drinks, estimate the number of ounces. Use container listings to help you make an estimate—for example, an 8 oz. cup of juice, 12 oz. can of soda, or 20 oz. bottle of water.
- 3. Measure urine:** During both the day and night, write down when and how much urine you pass. Doctors often provide a special measuring collection device to use, which sits under your toilet seat and is marked with measurements to let you know how much urine you passed. If you are keeping the diary on your own before visiting a healthcare provider, collect your urine in a household measuring cup. Rinse the collection device with water after each use and keep it close to your toilet until you've finished your diary.
- 4. Three days:** It's best to keep a diary for at least three days. A one-day diary may not provide enough information to give a true picture of your bladder condition. The three days don't have to be consecutive; any three typical days for you will suffice.
- 5. Start tracking:** Use the chart below to start tracking. Print as many pages of the Bladder Diary as you need to complete in three days. Remember to bring your completed diary to your first office visit.

Time	Drinks		Trips to the bathroom		Accidental leaks	Did you feel a strong urge to go?	What were you doing at that time?
	What kind?	How much?	How many times?	How much urine?	How much?	Yes / no	Sneezing, exercising, etc.

Reference: Urology Care Foundation. (n.d.). Bladder diary. <https://www.urologyhealth.org/resources/bladder-diary>