

Preferred Women's Healthcare

Bladder Diary

Enclosed is a bladder diary (a record of all the fluids you drink and all the fluids you urinate over two days). These two days need not be consecutive days; rather, it is important that these two days are representative of how your bladder affects your life.

Keep track of all the fluids you drink and record in the intake column. You may record your intake in ounces or cubic centimeters (cc's).

To keep track of the amount of urine passed, you will be given a urine hat. When placed in the toilet, the urine hat will collect the amount of urine you pass. When you are away from home you might find it more convenient to collect the urine you pass by using a measuring cup. Simply hold the measuring cup as you were giving a urine specimen for the doctor. Record the amount of fluid in the urine hat or measuring cup in ounces or cubic centimeters (cc's).

Under the "symptoms column", please record any symptoms associated with your urinations. Some possible symptoms are urge, leak, burning, pain or anything else you feel might be important for us to know about.

Urge: need to rush to the bathroom because you fear you may not make it.

Urge with leak: as above, but you were unable to make it to the bathroom.

Anytime you leak please explain under "symptoms" what activity was associated with that leakage. Some types of activities could be washing dishes, taking a shower, putting the key in the door, coughing, sneezing, laughing, running, walking, or any other related activity.

The amount of urine leakage would be recorded anytime it occurs.

* means the leakage was just a few drops

** means the leakage was enough to wet your underwear

*** means the leakage was enough to run down your legs

To help distinguish night time problems, please make it clear on your diary when you went to bed. (i.e. change pen color to red, write bedtime)

PLEASE NOTE THAT YOUR DAY BEGINS WHEN YOU GET UP TO STAY UP FOR THE DAY.

Patient Name: _____ Acct# _____

