

# My Bladder Diary
































Does your bladder ever keep you from doing what you enjoy? Do you plan your daily activities around your bladder symptoms? Do you make it to the toilet in time (or just about)? Do you often wake up at night to pee?

Asking these questions may help you discover patterns concerning your bladder issues but can often be hard to answer. This bladder diary is a great tool to help you document your habits and shed light on these questions when talking about bladder control with your nurse or doctor.

You will have all the information to hand and won't need to try and remember how your bladder behaved!

Please complete the bladder diary for the number of days specified by your healthcare professional (both day and night). Begin your diary when you get up in the morning and fill it out for a full 24 hours. Discuss the results with your healthcare provider.

**Tip:** Collect your urine in a measuring cup. This allows you to read the amount of urine accurately.

Bladder diary						
 Time	 Drinking amount (1 glas = ~250 ml)	 Type of fluid (e.g. coffee, water, juice)	 How many times did you have to go to the bathroom?	 Voided amount in ml	 Leakage amount 1 = few drops 2 = a little 3 = a lot	 Notes
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