

# Keep a bladder diary

By keeping a bladder diary you can uncover the scale of your bladder issues.

Do you have to go more often than usual? Does urine leakage keep you from going out? Is your bladder management plan actually working? Asking these questions may help you discover patterns concerning your bladder issues. The bladder diary is a great tool to document your habits before talking about bladder control with your nurse or doctor.

This bladder diary is one of the most important tools to help you and your healthcare provider talk about your bladder control. Please complete it for the number of days specified by your healthcare professional (day and night). Begin recording upon rising in the morning and continue for a full 24 hours. Discuss with your healthcare provider.

Bladder Diary									
Time A.M.	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter Usage 1=success 2=w/o success 0=none	Time P.M.	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter Usage 1=success 2=w/o success 0=none

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