



Instructions for Completing the 24-hour Bladder Diary

Name: _____ Date of Birth: _____

This bladder diary is very important in deciding the possible treatment options for your pelvic problems.

1. Please print your name and date of birth at the top of each page.
2. Complete the bladder diary for a total of two 24-hour periods. The 24-hour periods do not have to be two days in a row.
3. Be sure to measure the amount you urinate in ounces, cc's, or cups. These markings can be found on a measuring cup.

How to record in the diary:

Time of Day: Use one side of the bladder diary sheet for each 24-hour period. Start recording all fluid intake and urinary events starting when you awake for the day and ending 24 hours.

Fluid Intake: In the column marked "fluid intake," write the amount and type of fluids you drank in ounces, cc's, or cups.

Toilet Voids: In the column marked "toilet urinations," make sure you measure your urine each time you go to the bathroom. Record the amount of urine you voided each time you urinated in the toilet over a 24-hour period.

Leak Types: In the column marked "leak Types" write a "**U**" each time you had an **Urge** to urinate, but you had involuntary urine loss (even a small amount) before you made it to the toilet. Write an "**S**" each time you had involuntary urine loss with abdominal **Stress** such as with coughing, sneezing, running, exercise, etc.

Pad Use: At the bottom write down the any type of absorbent undergarment "pad" that you use (e.g. panty liner, maxi pad, Poise, Depend) as well as the number of pads you used each day.

Start a new page for each day you keep the diary, though they do not need to be two days in a row.

If you have any questions, please call the office.

