

BLADDER DIARY

Complete one form for each day for four days before your appointment with a healthcare provider. In order to keep the most accurate diary possible, you'll want to keep it with you at all times and write down the events as they happen. Take the completed forms with you to your appointment.

NAME:

DATE:

Time	Fluids		Foods		Did you urinate?		ACCIDENTS			
	What kind?	How much?	What kind?	How much?	How many times?	How much? (sm, med, lg)	Leakage How much? (sm, med, lg)	Did you feel an urge to urinate?	What were you doing at the time? (Sneezing, exercising, etc.)	
Sample	Coffee	1 cup	Toast	1 slice	✓✓	med	sm	Yes <input type="radio"/> No <input checked="" type="radio"/>	Running	
6 a.m. - 7 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
7 a.m. - 8 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
8 a.m. - 9 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
9 a.m. - 10 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
10 a.m. - 11 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
11 a.m. - 12 noon								Yes <input type="radio"/> No <input type="radio"/>		
12 noon - 1 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
1 p.m. - 2 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
2 p.m. - 3 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
3 p.m. - 4 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
4 p.m. - 5 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
5 p.m. - 6 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
6 p.m. - 7 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
7 p.m. - 8 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
8 p.m. - 9 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
9 p.m. - 10 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
10 p.m. - 11 p.m.								Yes <input type="radio"/> No <input type="radio"/>		
11 p.m. - 12 mid								Yes <input type="radio"/> No <input type="radio"/>		
12 mid - 1 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
1 a.m. - 2 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
2 a.m. - 3 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
3 a.m. - 4 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
4 a.m. - 5 a.m.								Yes <input type="radio"/> No <input type="radio"/>		
5 a.m. - 6 a.m.								Yes <input type="radio"/> No <input type="radio"/>		

Provided by the National Association For Continence; visit www.nafc.org for more information, locate a specialist, and find support.

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