

24 Hour Bladder Diary

This diary will help us better understand your bladder function. It is a 24 hour record of your intake and output as well as leakage episodes. It can be done during any 24 hour period that you are able to keep track of each time you urinate.

The "Sample" line will show you how to use the diary.

- * Record the types of liquids you drink as well as the quantity in ounces, CCs, etc.
- * Record how many times you urinate and how much using a urinary hat. If you don't have a hat, just write "Small," "Medium," or "Large" in the "How much?" column.
- * Record each time you leak urine and whether it was a small, medium, or large amount.
- * Did you feel an urge to pee when you leaked urine? And what were you doing when you leaked urine?

Your Name: _____

Date: _____

If you wore pads today, how many did you use? _____

If you wore diapers today, how many did you use? _____

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Time	Intake		Urine		Accidental Leaks: How much? (Check one)			Did you feel a strong urge to go? Circle one. (Yes or No)		What were you doing at the time? (Sneezing, exercising, having sex, lifting, coughing, sleeping, etc.)
	What?	How Much?	How many times?	How much?	Small	Medium	Large	Y	N	
Sample	Coffee	2 cups	2	30 ml		✓		Y	N	Running
7-8 am								Y	N	
8-9 am								Y	N	
9-10 am								Y	N	
10-11 am								Y	N	
11-12 noon								Y	N	
12-1 pm								Y	N	
1-2 pm								Y	N	
2-3 pm								Y	N	
3-4 pm								Y	N	
4-5 pm								Y	N	
5-6 pm								Y	N	
6-7 pm								Y	N	
7-8 pm								Y	N	
8-9 pm								Y	N	
9-10 pm								Y	N	
10-11 pm								Y	N	
11-12 mid								Y	N	
12-1 am								Y	N	
1-2 am								Y	N	
2-3 am								Y	N	
3-4 am								Y	N	
4-5 am								Y	N	
5-6 am								Y	N	
6-7 am								Y	N	