

## How to use the Bladder Diary

Bladder diaries are important to help you understand the functioning of your bladder. Attached you will find a sample of how to complete one.



It describes your day-to-day bladder habits and patterns related to urination. It typically documents the time and amount of fluid intake (great way to look for bladder irritants), the time of each void, each accidental leaking and a notation of the volume of urine loss, in subjective terms of large ( $> \frac{1}{4}$  cup), medium ( $< \frac{1}{4}$  cup) or small (dribbles). It is an accurate measure of the urinary frequency, volume, and circumstance surrounding urinary accidents.

You should take this chart with you should you decided to talk to your health care provider about your bladder problems (which I encourage you to do). If you leak stool, put a square around the amount, if you leak urine put a circle around the amount leaked.

It may be quite time consuming and difficult for you to find the time to complete, particularly if you are “up and about” during the day. It is important – so do the best you can. It should be kept for 3 consecutive days (with one day being Saturday or Sunday) in order to get the most accurate picture of your voiding patterns.

The diary is also a method for you to focus on your behavior related to overactive bladder and incontinence. Sometimes the mere fact of keeping the diary is therapeutic in of itself and the continence improves once a causal relationship with what you eat and drink and related activities has been established.