



BLADDER DIARY

INSTRUCTIONS

URGE

- 0 - No sensation of any urine in the bladder
- 1 - Sensation of some urine but no desire to void
- 2 - Mild to moderate desire to void
- 3 - Strong desire to void
- 4 - Urgent desire to void

LEAKING

- S - Small (few drops)
- M - Moderate (under wear wet)
- L - large (outer clothes wet)

URINE VOLUME

Measure the amount of urine you pass in a measuring jug
If you have a bowel motion just write B

FLUID INTAKE

Record – Time, type and amount of fluid you drink

Day 1

TIME	URGE	LEAKING	URINE VOLUME/ BOWELS	FLUID INTAKE	FLUID TYPE	FLUID AMOUNT

