



What is a Bladder Diary?

A bladder diary is an assessment tool used to understand your bladder symptoms better. It helps you track: When and how much fluid you drink, how much urine you pass, how often you have that “gotta go” urgency feeling, and when and how much urine you may leak. Having a Bladder Diary during your first visit can be helpful because it describes your daily habits, your urinary symptoms, and how they may be affecting your life.



HOW TO USE THE BLADDER DIARY

1. Take notes throughout the day and continue until you complete a full 24 hours.
2. Write down what you drink (i.e., water, juice, coffee, wine) and how much. If you are unable to measure your drinks, take a good guess.
3. Write down when and how much urine you pass day and night. We provide a collection device. If you are keeping a diary, you may want to collect your urine in a cup from home, such as a kitchen measuring cup.
4. It's best to keep a diary for at least three days if they represent “typical days” for you.
5. Print this PDF document and bring the paper in with you to your next appointment.

