



# Bladder Diary

Date:

I woke up at:

I went to sleep at:

| Time | Record drinks<br>(type and amount) | ✓ Each time you use<br>the toilet to pass urine | ✓ When you changed a<br>pad/panty liner | Each time you leak urine, circle whether<br>you were: |
|------|------------------------------------|---|---|---|
| 12am |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 1am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 2am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 3am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 4am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 5am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 6am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 7am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 8am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 9am  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 10am |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 11am |                                    |   |   | Almost Dry Damp Wet Soaked                            |

| Time | Record drinks<br>(type and amount) | ✓ each time you use<br>the toilet to pass urine | ✓ when you changed a<br>pad/panty liner | Each time you leak urine, circle whether<br>you were: |
|------|------------------------------------|---|---|---|
| 12pm |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 1pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 2pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 3pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 4pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 5pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 6pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 7pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 8pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 9pm  |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 10pm |                                    |   |   | Almost Dry Damp Wet Soaked                            |
| 11pm |                                    |   |   | Almost Dry Damp Wet Soaked                            |

### Reminders

1. Don't forget to record the time you woke up in the morning and the time you went to sleep.
2. Don't forget to record what happened overnight when you get up in the morning.
3. Try and make a record of things just after they happen in case you forget them later on.
4. Record things to the nearest hour.
5. Record type and amount of drinks taken (e.g. 2 cups of tea, 1 mug of coffee, 1 can of coke, 1 glass of water/wine /juice, 2½ pints of beer)
6. Start a new sheet for each new day.