

# Bladder Diary

Date:

I woke up at:

I went to sleep at:

Time	Record drinks (type and amount)	✓ Each time you use the toilet to pass urine	✓ When you changed a pad/panty liner	Each time you leak urine, circle whether 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
8am				Almost Dry   Damp   Wet   Soaked
9am				Almost Dry   Damp   Wet   Soaked
10am				Almost Dry   Damp   Wet   Soaked
11am				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 each day.

Time	Record drinks (type and amount)	✓ Each time you use the toilet to pass urine	✓ When you changed a pad/panty liner	Each time you leak urine, circle whether you were:
Noon				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
8pm				Almost Dry   Damp   Wet   Soaked
9pm				Almost Dry   Damp   Wet   Soaked
10pm				Almost Dry   Damp   Wet   Soaked
11pm				Almost Dry   Damp   Wet   Soaked

Provided by [bladderandbowel.org](http://bladderandbowel.org)

Last updated Oct 2022

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