Treloar Physiotherapy Clinic

3 DAY
URINARY DIARY

A bladder diary gives you and your therapist important information about urine leakage and bladder habits. This information helps in planning treatment programs and in evaluating your treatment.

The time that an event happens must always be written in the bladder diary.

When you have a drink, record the time, the amount (in ounces or milliliters), and what it was you drank.

When you go to the bathroom to empty your bladder, write down the time you went.

When you leak urine, write the time and write if it was a small, medium, or large amount. Small=few drops only. Medium=wet underwear or pad. Large=soaked clothing or pad.

Write **what you think caused the leakage** (e.g. cough, jump, sneeze). If you experienced a **sudden strong urge** that caused you to leak, put a tick mark in the "strong urge" column.

Finally, **measure the amount** of urine output (only if directed to by your physiotherapist).

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3 DAY URINARY DIARY

URINARY DIARY	Day #1	Date:				
Time	Urinated in toilet	Amount & Type of Drink	Leakage (Sm, Med,Lrg)	Reason for Leakage?	Strong urge?	Urine Output (Amount)

Notes:

Number and type of pads used today:

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24 HOUR BLADDER DIARY

URINARY DIARY	Day #2	Date:				
Time	Urinated in toilet	Amount & Type of Drink	Leakage (Sm, Med,Lrg)	Reason for Leakage?	Strong urge?	Urine Output (Amount)

Notes:

Number and type of pads used today:

TRELOAR PHYSIO BLADDER DIARY

URINARY DIARY Day #3 Date:

Time	Urinated in toilet	Amount & Type of Drink	Leakage (Sm, Med,Lrg)	Reason for Leakage?	Strong urge?	Urine Output (Amount)

Notes:

Number and Type of pads used today: