**DAY #1 – BLADDER DIARY**

**\*PLEASE BRING THIS FORM WITH YOU TO YOUR APPOINTMENT\***

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This is a chart for you to record the amount you drink and the amount you urinate over a 3-day period.

* Use one page for each day.
* Write down the type of fluid you drink and the amount.
* Write down the amount you urinate.

If applicable, write down any leakage and your activity when you leak.

Use a measuring cup, or we can provide you with a measuring device for your urine to be as accurate as possible.

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| **FLUID INTAKE** | | | **URINE OUTPUT** | | | |
| **Time** | **What did you drink?** | **How much did you drink?**  **\*Indicate in ounces (oz.)** | **Time** | **Amount Urinated**  **\*Indicate in ounces (oz.)** | **Amount of Leakage**  **D=Drops**  **M=Medium**  **S=Soaked** | **Activity (Only when you leak)** |
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**DAY #2 – BLADDER DIARY**

**\*PLEASE BRING THIS FORM WITH YOU TO YOUR APPOINTMENT\***

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This is a chart for you to record the amount you drink and the amount you urinate over a 3-day period.

* Use one page for each day.
* Write down the type of fluid you drink and the amount.
* Write down the amount you urinate.

If applicable, write down any leakage and your activity when you leak.

Use a measuring cup, or we can provide you with a measuring device for your urine to be as accurate as possible.

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| **FLUID INTAKE** | | | **URINE OUTPUT** | | | |
| **Time** | **What did you drink?** | **How much did you drink?**  **\*Indicate in ounces (oz.)** | **Time** | **Amount Urinated**  **\*Indicate in ounces (oz.)** | **Amount of Leakage**  **D=Drops**  **M=Medium**  **S=Soaked** | **Activity (Only when you leak)** |
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**DAY #3 – BLADDER DIARY**

**\*PLEASE BRING THIS FORM WITH YOU TO YOUR APPOINTMENT\***

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This is a chart for you to record the amount you drink and the amount you urinate over a 3-day period.

* Use one page for each day.
* Write down the type of fluid you drink and the amount.
* Write down the amount you urinate.

If applicable, write down any leakage and your activity when you leak.

Use a measuring cup, or we can provide you with a measuring device for your urine to be as accurate as possible.

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| **FLUID INTAKE** | | | **URINE OUTPUT** | | | |
| **Time** | **What did you drink?** | **How much did you drink?**  **\*Indicate in ounces (oz.)** | **Time** | **Amount Urinated**  **\*Indicate in ounces (oz.)** | **Amount of Leakage**  **D=Drops**  **M=Medium**  **S=Soaked** | **Activity (Only when you leak)** |
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