

Women's Clinic, LTD.

The Bladder Diary is a record of your voiding (urination and incontinence) of urine. The Bladder Diary gives your health care provider a picture of your bladder function as well as your incontinence. Please keep your bladder diary for two days before your next visit. It will help determine the exact nature and severity of your bladder control problem. It is important to record every urination and all liquid intake for the 24-hour period.

- Begin recording upon rising in the morning and continue for a full 24 hours.
- Measure all voids in Ccs or ounces.
- Urge: Please write Urge if you have an urge to urinate accompanied or preceded by loss of urine. Please mark the urge even if you do not empty your bladder.
- Leak: please estimate the amount of leakage i.e.,
 - Damp (only a few drops),
 - Wet (enough to wet underwear or pad),
 - Soaked (pad is extremely wet or bladder was emptied)

Intake: Please mark your fluid intake. It is important to know if you are drinking too much or too little, and it is also important to know what types of liquid you are drinking.

It you have any questions please call the Women's Clinic at 610-374-2214. The bladder diary is an essential part of your urinary evaluation. Thank you.