

Three-Day Bladder Diary

(Please provide the following information for the three days prior to your appointment.)

A Three-Day Bladder Diary helps in understanding your bladder habits. It illustrates the fluid intake, voiding patterns, and if there are instances of leakage. Detailed information over a three-day period is an important part of understanding the problem.

It is important to provide as much detail as possible in completing this diary. Ask your Provider any questions you have in completing the form.

Be sure to tell your Provider the following...

- Do you use absorbent pads? If so, how many per day? _____
- Do you smoke? _____
- Does your bladder wake you up at night? If yes, how many times during the night? _____
- Is it difficult to make it to the bathroom in time? _____

Time	Drink	Voiding	Accidents
	What did you drink?	How strong was the urge? (3 is max)	How much leaked? (Circle S, M, or L)
Day One			
6-10am	Coffee	3	1 2 3
10-2pm			1 2 3
2-6pm			1 2 3
6-10pm			1 2 3
10-6am			1 2 3
6-10am			1 2 3
Day Two			
6-10pm			1 2 3
2-6pm			1 2 3
10-2pm			1 2 3
6-10am			1 2 3
Day Three			
6-10pm			1 2 3
2-6pm			1 2 3
10-2pm			1 2 3
6-10am			1 2 3
10-6am			1 2 3