

Three Day Bladder Control Diary

This diary is for you to keep a record of your urinary control for a period of **3 days in a row**. You should select 3 days, with one of those days being a **weekend**. This will show your regular and normal routine and consumption of fluids. It is very important that you keep a complete 24 hour detailed record of each urination beginning at midnight of the first day. Please record any leakage of urine during each 1 hour interval. **Do not keep a diary during your menstrual period.**

Bladder Control Diary- Day one

Date: _____

Patient Name: _____

Time	Type of Fluid Drank	Amount of Fluid Drank (oz)	Amount Voided in Toilet	Was Urge Present? (√)	Leakage? (√)	Activity with Leakage
12:00 AM						
1:00 AM						
2:00 AM						
3:00 AM						
4:00 AM						
5:00 AM						
6:00 AM						
7:00 AM						
8:00 AM						
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM						
8:00 PM						
9:00 PM						
10:00 PM						
11:00 PM						
12:00 PM						

Bladder Control Diary- Day two

Patient Name: _____

Date: _____

Time	Type of Fluid Drank	Amount of Fluid Drank (oz)	Amount Voided in Toilet	Was Urge Present? (√)	Leakage? (√)	Activity with Leakage
12:00 AM						
1:00 AM						
2:00 AM						
3:00 AM						
4:00 AM						
5:00 AM						
6:00 AM						
7:00 AM						
8:00 AM						
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM						
8:00 PM						
9:00 PM						
10:00 PM						
11:00 PM						
12:00 PM						

Bladder Control Diary- Day three

Date: _____

Patient Name: _____

Time	Type of Fluid Drank	Amount of Fluid Drank (oz)	Amount Voided in Toilet	Was Urge Present? (√)	Leakage? (√)	Activity with Leakage
12:00 AM						
1:00 AM						
2:00 AM						
3:00 AM						
4:00 AM						
5:00 AM						
6:00 AM						
7:00 AM						
8:00 AM						
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM						
8:00 PM						
9:00 PM						
10:00 PM						
11:00 PM						
12:00 PM						