

## Bladder Diary

### Urge / Urination

Time	What happened?
<u>8:10 am</u>	<u>1</u> ← Example
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

#### Urge

- 1** = I felt a **mild** urge to urinate
- 2** = I felt a **moderate** urge to urinate
- 3** = I felt a **severe** urge to urinate

#### Urination

- 4** = I intentionally **urinated** into the toilet

### Leakage of Urine

Time	Amount	Cause
<u>8:45 am</u>	<u>2</u>	<u>cough</u> ← Example
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

#### Leak amount

- 1** = Small (a few drops)
- 2** = Medium (noticeable wetness)
- 3** = Large (soaked pad)

#### Leak cause

- Cough
- Sneeze
- Laugh
- Movement
- Urge