BLADDER DIARY		
An accurate record of your fluid intake, toilet visits and any "accidents" can help us diagnose and	Name:	Com Sha
treat your bladder problems.		ure enset
What to Do:		Gynaecology
1. Choose 3 days when it will be convenient for you to keep a diary (if possible, the 3 days should	DOR	Dr Trixie Rasmuson
be consecutive). This diary page covers a 24 hour period.	DOB:	
2. Each time you urinate you will need to do so into a measuring cup in order to measure the		
amount accurately.		

DAY 1 - Date: .....

DAY 2 - Date: .....

Time	Fluid Intake Type & mls	Voiding Mls	Leak Sm/Med/Lg	Urge Yes/No	Bowels Open Yes/No	Activity	Time	Fluid Intake Type & mls	Voiding Mls	Leak Sm/Med/Lg	Urge Yes/No	Bowels Open Yes/No	Activity
10.50am		150mis	Sm	Yes	Yes	Running	10.50am	Coffee 200mls	150mis	Sm	Yes	Yes	Running

## DAY 3 - Date: .....

Time	Fluid Intake Type & mls	Voiding Mls	Leak Sm/Med/Lg	Urge Yes/No	Bowels Open Yes/No	Activity
0.50am	Coffee 200mis	150mis	Sm	Yes	Yes	Running