**DAY #1 – BLADDER DIARY**

**\*PLEASE BRING THIS FORM WITH YOU TO YOUR APPOINTMENT\***

 **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 This is a chart for you to record the amount you drink and the amount you urinate over a 3-day period.

* Use one page for each day.
* Write down the type of fluid you drink and the amount.
* Write down the amount you urinate.

If applicable, write down any leakage and your activity when you leak.

Use a measuring cup, or we can provide you with a measuring device for your urine to be as accurate as possible.

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| **FLUID INTAKE** | **URINE OUTPUT** |
| **Time** | **What did you drink?** | **How much did you drink?** **\*Indicate in ounces (oz.)** | **Time** | **Amount Urinated****\*Indicate in ounces (oz.)** | **Amount of Leakage****D=Drops****M=Medium****S=Soaked** | **Activity (Only when you leak)** |
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**DAY #2 – BLADDER DIARY**

**\*PLEASE BRING THIS FORM WITH YOU TO YOUR APPOINTMENT\***

 **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 This is a chart for you to record the amount you drink and the amount you urinate over a 3-day period.

* Use one page for each day.
* Write down the type of fluid you drink and the amount.
* Write down the amount you urinate.

If applicable, write down any leakage and your activity when you leak.

Use a measuring cup, or we can provide you with a measuring device for your urine to be as accurate as possible.

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| **FLUID INTAKE** | **URINE OUTPUT** |
| **Time** | **What did you drink?** | **How much did you drink?** **\*Indicate in ounces (oz.)** | **Time** | **Amount Urinated****\*Indicate in ounces (oz.)** | **Amount of Leakage****D=Drops****M=Medium****S=Soaked** | **Activity (Only when you leak)** |
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**DAY #3 – BLADDER DIARY**

**\*PLEASE BRING THIS FORM WITH YOU TO YOUR APPOINTMENT\***

 **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 This is a chart for you to record the amount you drink and the amount you urinate over a 3-day period.

* Use one page for each day.
* Write down the type of fluid you drink and the amount.
* Write down the amount you urinate.

If applicable, write down any leakage and your activity when you leak.

Use a measuring cup, or we can provide you with a measuring device for your urine to be as accurate as possible.

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| **FLUID INTAKE** | **URINE OUTPUT** |
| **Time** | **What did you drink?** | **How much did you drink?** **\*Indicate in ounces (oz.)** | **Time** | **Amount Urinated****\*Indicate in ounces (oz.)** | **Amount of Leakage****D=Drops****M=Medium****S=Soaked** | **Activity (Only when you leak)** |
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