BLADDER DIARY INSTRUCTIONS

TIME Record the time of every void, leak, pad change or drink for 48 hours.

LIQUID INTAKE Measure and record the amount and type of all liquids you drink.

VOLUME OF URINE Measure the amount of urine voided (using a measuring cup, or specipan)

LEAKS Identify leaks and amount of moisture; drops, wet, soaked, etc.

PAD CHANGE Identify if you had to change your pad.

Date/Time DD.MM.YY	Liquid Intake (ml)	Volume of Urine (ml)	Leaks	Pad Change
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