

Overactive Bladder Bladder Diary

IT'S TIME TO TALK
ABOUT OAB

instructions

What is a Bladder Diary?

A bladder diary is an assessment tool used by you and your health care provider to better understand your bladder symptoms.

It helps you track a number of things: when and how much fluid you drink, when and how much you pass urine, how often you have that “gotta go” urgency feeling, and when and how much urine you may leak.

When is a Bladder Diary used?

You can use a Bladder Diary before or after visiting with your health care provider.

Having a Bladder Diary during your first visit can be helpful because it describes your daily habits, your urinary symptoms and how they may be affecting your life. Your doctor will use this information to help treat you.

How do you use the Bladder Diary?

- 1. Wake up.** Begin writing in your diary when you wake up each day. Take notes throughout the day, and continue until you complete 24 hours. For example, if you wake up at 7 a.m. on the first day of your diary, take notes until 7 a.m. the next day.
- 2. Note your drinks.** Write down what you drink (i.e., water, juice, coffee, wine) and how much. It is helpful to measure the amount. If you are unable to measure your drinks, then it's of great value to take a good guess about the number of ounces every time you drink something. Most containers will list the number of ounces they contain. Use these listings to help you make an estimate—for example, an 8 oz. cup of juice, 12 oz. can of soda, or 20 oz. bottle of water.
- 3. Measure urine.** During both the day and night, write down when and how much urine you pass. Doctors often provide a special measuring collection device to use. It sits under your toilet seat and is marked with measurements

to let you know how much urine you passed.

If you are keeping the diary on your own before visiting a health care provider, then you may want to collect your urine in a cup from your home, such as a kitchen measuring cup. You could also choose a cup that you know holds a certain amount of liquid, such as 8 oz.

Rinse the collection device with water after each use. Keep the device close to your toilet until you've finished your diary.

- 4. Three days.** It's best to keep a diary for at least three days. A one-day diary may not provide enough information to give a true picture of your bladder condition. Also, the three days you keep your diary don't have to be three days in a row. Any three days you chose will be fine, as long as they represent three “typical days” for you.
- 5. Start tracking.** Get started by using the attached Bladder Diary to start tracking! Print as many pages of the Bladder Diary you need to complete the three days. Also, don't forget to bring your completed diary with you to your first office visit.

Urology Care Foundation

You may download this Bladder Diary and print it at UrologyHealth.org/Diary.

For copies of printed materials about other urologic conditions, visit UrologyHealth.org/Order or call 1-800-828-7866.

get started

Use the attached bladder diary to start tracking!



Urology Care
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Overactive Bladder

my Bladder Diary

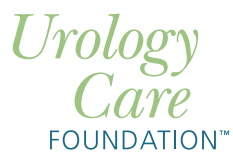
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Keeping a daily OAB Bladder Diary may help you and your health care provider understand your urinary symptoms. See instructions on the other side of this page.

| | Time | Drinks | | Trips to the bathroom | | Accidental leaks | Did you feel a strong urge to go? | What were you doing at the time? |
|----------------|----------|------------|------------|-----------------------|-----------------|--------------------|-----------------------------------|----------------------------------|
| | | What kind? | How much? | How many times? | How much urine? | How much? | Yes / No | Sneezing, exercising, etc. |
| <i>Example</i> | 2-3 p.m. | soda | 12 oz. can | 4 | about 8 oz. | yes - large amount | No | Laughing |
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Print and copy this sheet to record as many days as necessary.

Patient resources provided through the generous support of 



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American Urological Association

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