## Bladder Diary Chart



Your healthcare provider would like you to record how much fluid you drink, the amount of urine you produce, and when leakage occurs.

For instructions on how to measure your urine and use this chart, ask for the handout "Bladder Diary Instructions" or go to <u>go.osu.edu/pted5348</u>.

## Bring this diary with you to your next appointment.

Time Example	Amount and Type of Fluid in ounces or cups	Amount of Urine in milliliters (ml)	<ol> <li>Leakage</li> <li>A few drops</li> <li>Wet underwear or pad</li> <li>Soaked or emptied bladder</li> </ol>	What you were doing when you leaked urine	Felt Urge yes/no
7:30 AM	½ cup juice				
8:00 AM		200 ml			
10:15 AM			1	Sneezed	no



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Time Example	Amount and Type of Fluid in ounces or cups	Amount of Urine in milliliters (ml)	<ol> <li>Leakage</li> <li>A few drops</li> <li>Wet underwear or pad</li> <li>Soaked or emptied</li> </ol>	What you were doing when you leaked urine	Felt Urge yes/no
			bladder		

## For another copy of this chart, go to go.osu.edu/pted4364.

## This handout is for informational purposes only. Talk with your doctor or healthcare team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.