

Bold Bladder Diary

A bladder diary helps track your daily urination habits and can give your healthcare provider insight into symptoms like bladder sensitivity or control issues. It may help identify the cause and guide the right treatment.

Over **3** days, the diary shows your fluid intake, how often you urinate, and how much your bladder holds.

How to Complete the Diary

Fill in the bladder diary for three days as accurately as you can.

- **Fluid Intake:** Record what you drink, how much, and when. Measure your usual cups or mugs in mL before starting. Include all fluids—water, tea, coffee, juice, and alcohol.
- **Urination:** Use a small measuring jug or urine collection/bladder hat to record how much urine you pass and at what time. Note if you had a strong urge to go, or if it happened at night. If you're unable to measure (e.g., while out), tick the 'urine passed' column.
- **Leakage:** Log any leaks and the reason using this key:
 - A – Coughing, sneezing, movement, or exercise
 - B – Couldn't reach the toilet in time
 - C – Unsure
 - D – Other

[illegible]

