

Bladder Diary

- Keeping a bladder diary to keep track of your daily urinary habits can help your healthcare professional better understand your symptoms of a sensitive bladder.
- It might find out the causes of your bladder control and help you get the right treatment to manage your condition.
- This three day diary will give a picture of how your bladder is working and an idea of your fluid intake, the amount of urine your bladder can hold and often you pee.

Completing the Diary

Fill the bladder diary in for three days as carefully as possible. For each day record your

- How much you drink and when
- Urination
- Leakage

