

My Voiding Diary



Many doctors say that tracking your bladder habits is a very important step in diagnosing overactive bladder. Help them get a peek at your bladder pattern by using a voiding diary. Follow the instructions below and remember to bring the completed diary to your next doctor visit.

In order to re-train your bladder, you'll need to keep track of when you void, have leaking accidents, drink liquids, etc. The following 3-day voiding diary will help you record it all. Simply record the time at which you urinated, or when you accidentally leaked. Also, make note of when and how much liquid you drank. All this information will help you better understand your bladder habits, so that you can create a voluntary voiding schedule.

Day 1			
Time	What and how much I drank	How much I urinated	Did I leak?

Day 2			
Time	What and how much I drank	How much I urinated	Did I leak?

Day 3			
Time	What and how much I drank	How much I urinated	Did I leak?

# of pads I used today:	
The shortest time between bathroom visits:	<input type="checkbox"/> Less than 1 hour <input type="checkbox"/> More than 1 hour
Daily comments:	

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Daily comments:	

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Day 4			
Time	What and how much I drank	How much I urinated	Did I leak?

Day 5			
Time	What and how much I drank	How much I urinated	Did I leak?

Day 6			
Time	What and how much I drank	How much I urinated	Did I leak?

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The shortest time between bathroom visits:	<input type="checkbox"/> Less than 1 hour <input type="checkbox"/> More than 1 hour
Daily comments:	

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Day 7			
Time	What and how much I drank	How much I urinated	Did I leak?

Day 8			
Time	What and how much I drank	How much I urinated	Did I leak?

Day 9			
Time	What and how much I drank	How much I urinated	Did I leak?

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The shortest time between bathroom visits:	<input type="checkbox"/> Less than 1 hour <input type="checkbox"/> More than 1 hour
Daily comments:	

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