

Houston Female Urology, PA

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Bladder Diary (optional)

If you have any urinary problem, such as overactive bladder, frequency, urgency, leaky bladder, nighttime voiding, this is very important to help us (and you) to understand your fluid intake and output. It is very easy to do.

For 24-72 hours, keep track of your input and output, as described below. If you would like to stop by our office for a urine measuring device, we will be happy to give you one. Otherwise, just use a measuring cup that you can throw away.

1. Each time you **drink** something, write down the time, what you drank, and how much you drank. This would include any beverage, including water, juice, soda, alcohol, coffee, tea, and any liquid meal such as soup or fruit smoothies.
2. Each time you **urinate**, measure how much it is, write down the volume, and write down the time.
3. Each time you have a **leak (if leakage is a problem for you)**, write down the time, what you were doing at the time, and rate it on a **scale of 1-3 (3 is the worst)**.

DRINK			URINATE		LEAK		
TIME	VOLUME	WHAT you drank?	TIME	VOLUME	TIME	DOING at the time?	1,2,3?
Ex:			Ex:		Ex:		
7:00am	8 oz	coffee	6:30 am	300cc	8:00 am	jogging	2
TOTAL			TOTAL				

Name:

Date: