

MetroHealth Medical Center
 DIVISION OF UROGYNECOLOGY AND RECONSTRUCTIVE PELVIC SURGERY
 Bladder Record

*****PLEASE COMPLETE THIS DIARY FOR 3 DAYS*****

Name: _____ MH Medical Record # _____

Instructions:

- Column 1** – Place a check every time you urinate in the toilet.
- Column 2** – Place a check every time you have an accident, large or small.
- Column 3** – Place a check every time you have to change a wet pad.
- Column 4** – Describe the activity you were performing at the time of the leakage, like sneezing, coughing, walking, running, “couldn’t make it to the bathroom”, opening the door.
- Column 5** – Keep a record (in ounces) of the amount and type of liquid you drank during these time periods. (1 cup = 8 oz = 240 mL).

DAY ONE – DATE: _____

Time	Column 1 Urinated in Toilet	Column 2 Had an Accident	Column 3 Changed Wet Pad	Column 4 Activity, what you were doing when you leaked	Column 5 Fluid Drank
6 – 7 AM					
7 – 8 AM					
8 – 9 AM					
9 – 10 AM					
10 – 11 AM					
11 – 12 AM					
12 – 1 PM					
1 – 2 PM					
2 – 3 PM					
3 – 4 PM					
4 – 5 PM					
5 – 6 PM					
6 – 7 PM					
7 – 8 PM					
8 – 9 PM					
9 – 10 PM					
10 – 11 PM					
11 – 12 PM					
OVERNIGHT					

DAY TWO – DATE: _____

Time	Column 1 Urinated in Toilet	Column 2 Had an Accident	Column 3 Changed Wet Pad	Column 4 Activity, what you were doing when you leaked	Column 5 Fluid Drank
6 – 7 AM					
7 – 8 AM					
8 – 9 AM					
9 – 10 AM					
10 – 11 AM					
11 – 12 AM					
12 – 1 PM					
1 – 2 PM					
2 – 3 PM					
3 – 4 PM					
4 – 5 PM					
5 – 6 PM					
6 – 7 PM					
7 – 8 PM					
8 – 9 PM					
9 – 10 PM					
10 – 11 PM					
11 – 12 PM					
OVERNIGHT					

DAY THREE – DATE: _____

Time	Column 1 Urinated in Toilet	Column 2 Had an Accident	Column 3 Changed Wet Pad	Column 4 Activity, what you were doing when you leaked	Column 5 Fluid Drank
6 – 7 AM					
7 – 8 AM					
8 – 9 AM					
9 – 10 AM					
10 – 11 AM					
11 – 12 AM					
12 – 1 PM					
1 – 2 PM					
2 – 3 PM					
3 – 4 PM					
4 – 5 PM					
5 – 6 PM					
6 – 7 PM					
7 – 8 PM					
8 – 9 PM					
9 – 10 PM					
10 – 11 PM					
11 – 12 PM					
OVERNIGHT					