

Overactive Bladder (OAB) Daily Diary

The Purpose of a Bladder Diary

The purpose of this diary is to get an understanding of how your bladder functions. By learning your habits and patterns, we can fine-tune our therapy and have a baseline to measure your progress.

We would like you to complete this diary for 3 Days. These days do not have to be in a row (consecutive), but they should be days when you can record a full 24 hours of everything you drink and urinate.

This Diary will help you and your physician at Advanced Urology Associates to figure out the causes of your bladder control issues.

3 DAYS
24 HRS
of everything you
drink and urinate

How To Use The Bladder Diary

- 1 Time**
Record the time of every drink, trip to the bathroom, and leakage.
- 2 Drinks**
Measure and record the amount and type of all liquids you drank. Use ounces for measurement (1 cup = 8oz).
- 3 Urination**
Measure and record the amount of urine in "cc's" EVERY time you urinate. A hat will be provided to you for this.
- 4 Leakage**
Indicate if you had leakage and how much. Small (drops), Medium (wet), or Large (complete emptying of bladder).
- 5 Urge**
Indicate if you felt an urge to go to the bathroom. (Yes/No)
- 6 Activity**
Record what you were doing when the leakage occurred. Examples: Sneezing, coughing, exercising, lifting, reading, doing dishes, laughing etc.



