



NorthShore®

BLADDER DIARY

A Bladder Diary serves as a useful tool for tracking your fluid intake and the frequency of your bladder activity, aiding both you and your healthcare provider in comprehending your urinary symptoms. Use as many pages as needed and remember, leaks do not define you.

for:

date:

Urine					Drinks			Comments
Time	Amount (mL or Cups)	How strong was the urge to void? (1-3)	Did you experience leakage?	What were you doing?	Time	Amount (mL or Cups)	Type of Liquid	

