

Bladder diary · Day 1

Op. Dr. Mücahit Kabar

Name: _____

Date: _____

Time you got up: _____

Time you went to bed to sleep: _____

Time	Drink	Drank (ml)	Urine (ml)	Night / Morning	Urgency (0–3)	Leakage	What were you doing when you leaked?	Pad changed
Total								

How to fill it in

- Each day starts when you get up and ends when you get up the next morning.
- Measure every void in a measuring jug and write it down in ml.
- Write down every drink and its amount (1 mug $\approx$ 250 ml).
- Write N when you get up at night to pass urine and M for the first urine the next morning.

Urgency score

- 0 – None
- 1 – Mild
- 2 – Moderate, had to hurry
- 3 – Severe, could barely hold on

Leakage

- Small (drops, damp)
- Large (wet)

Bladder diary · Day 2

Op. Dr. Mücahit Kabar

Name: _____

Date: _____

Time you got up: _____

Time you went to bed to sleep: _____

Time	Drink	Drank (ml)	Urine (ml)	Night / Morning	Urgency (0–3)	Leakage	What were you doing when you leaked?	Pad changed
Total								

How to fill it in

- Each day starts when you get up and ends when you get up the next morning.
- Measure every void in a measuring jug and write it down in ml.
- Write down every drink and its amount (1 mug $\approx$ 250 ml).
- Write N when you get up at night to pass urine and M for the first urine the next morning.

Urgency score

- 0 – None
- 1 – Mild
- 2 – Moderate, had to hurry
- 3 – Severe, could barely hold on

Leakage

- Small (drops, damp)
- Large (wet)

Bladder diary · Day 3

Op. Dr. Mücahit Kabar

Name: _____

Date: _____

Time you got up: _____

Time you went to bed to sleep: _____

Time	Drink	Drank (ml)	Urine (ml)	Night / Morning	Urgency (0–3)	Leakage	What were you doing when you leaked?	Pad changed
Total								

How to fill it in

- Each day starts when you get up and ends when you get up the next morning.
- Measure every void in a measuring jug and write it down in ml.
- Write down every drink and its amount (1 mug $\approx$ 250 ml).
- Write N when you get up at night to pass urine and M for the first urine the next morning.

Urgency score

- 0 – None
- 1 – Mild
- 2 – Moderate, had to hurry
- 3 – Severe, could barely hold on

Leakage

- Small (drops, damp)
- Large (wet)