

Overactive Bladder

Bladder Diary Overview

UROLOGY
SAN ANTONIO

What is a bladder diary?

A bladder diary is a recording of your liquid intake and urine output. It helps your healthcare provider to understand how much you drink, when you urinate, when you leak, and when you have the “gotta go” feeling.

When is a bladder diary used?

Your healthcare provider may request that you complete a bladder diary to evaluate urinary frequency, urgency, or incontinence. It can help them understand your daily habits and how your bladder is working during a 24-hour period.

Bladder Diary Instructions

1. Begin your diary when you wake up each day and continue for the next 24-hours. For example, if you wake up at 7 a.m. on the first day of your diary, take notes until 7 a.m. the next day.
2. Record the fluid intake to the nearest ounce. If you do not know exactly how much liquid you are drinking, it's important to take a good guess about the number of ounces every time. A reasonable estimation (8 oz. cup of juice, 12 oz. Coke, or 20 oz. water) is appropriate.
3. If your healthcare provider asks you to keep a diary, you will probably receive a special collection device to use. It is marked with measurements to let you know how much urine you make.
4. On Day 1 measure the amount of urine you make each time you urinate using the collection device. On Days 2 and 3 you no longer need to measure the amount of urine you make, but continue to measure how often you are urinating.
5. If you are keeping the diary on your own before visiting your healthcare provider, you may want to collect your urine in a cup. Choose a cup that you know holds a certain amount of liquid, such as 8 oz.
6. Don't forget to bring your diary to your office visit.
7. One diary page is needed for each day. Print and copy the diary page to record as many days as necessary.
8. If you have any questions regarding your bladder diary collection, please call the Overactive bladder nurse navigator at 210-614-4544 ext. 1635.