BLADDER DIARY

Kimberly-Clark PERSONAL CARE Depend poise

The urine bladder diary gives your Health Care Professional a picture of your level of bladder weakness. Keeping an accurate and thorough diary will provide a clearer picture of your individual situation. **Keep the diary for at least a week** before seeing your Health Care Professional and **take it to your next appointment.**

Instructions for completing your diary:

Record the date and time of day when you have urinated or leaked.

Tick yes if you have urinated in the toilet.

Tick leakage (none/damp/wet).

Indicate if you changed pad or clothing.

Note activity at the time of any leakage.

Record fluid intake, urine output.

Urinated		Toilet (tick)		Leakage (tick)			Change (tick)		Activity	Fluid	
Date	Time	Yes	No	None	Damp	Wet	Pad	Clothing		Intake	Output

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Urinated		Toilet (tick)		Leakage (tick)			Change (tick)		Activity	Fluid	
Date	Time	Yes	No	None	Damp	Wet	Pad	Clothing		Intake	Output

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