Center For Advanced Gyn & Urogynecology
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Bladder Evaluation Diary

Day 1 Date: / / Number of pads used today:

Time	Fluids		Urination					Accidents		
	What did you Drink?	How Much?	How many times?	How much each time? (S= Small, m= medium, L=large)	Did you have to rush to the bathroom?	Did you hurt yourself or fall down rushing to bathroom?	What activity did you interrupt?	Did you have any accidents this time? (Sudden loss of urine)	How much urine did you leak? S= Small, m= medium, L=large)	What were you doing at the time?
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	

Day 2 Date: / / Number of pads used today:

Time	Fluids		Urination					Accidents		
	What did you Drink?	How Much?	How many times?	How much each time? (S= Small, m= medium, L=large)	Did you have to rush to the bathroom?	Did you hurt yourself or fall down rushing to bathroom?	What activity did you interrupt?	Did you have any accidents this time? (Sudden loss of urine)	How much urine did you leak? S= Small, m= medium, L=large)	What were you doing at the time?
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	
				S M L	Yes No	Yes No		Yes No	S M L	