

Bladder Diary Guide

What is a Bladder Diary?

A bladder diary is a simple chart where you track your fluid intake, urination, urgency and any accidental urine leakage throughout the day and night. This diary helps healthcare professionals understand your bladder habits, diagnose urinary problems, and monitor treatment progress.

Before You Start,

Use the diary for the number of days your doctor recommends.

Bring the completed diary to your next appointment.

For accuracy, record each entry as it happens instead of waiting until the end of the day.

How Many Days Should I Complete the Diary?

Complete the diary for the number of days your doctor recommends.

Use 24-hour periods. Start tracking when you wake up in the morning.

What Do I Need to Record?

You will need a measuring jug to track the urine you pass.

You can refer to the average volume of common coffee containers:

Starbucks- Short: 8oz. (~240mL), Tall: 12oz. (~355mL), Grande: 16oz. (~475mL)

How to Record in the Diary?

1. TIME

Record the time you urinated, woke up, and slept.



ex. 7:30 wake up

2. DRINK

Record the type and amount of fluids consumed.



ex. Orange juice, 8oz

3. URINATION

When you urinate, use a measuring jug to record the amount (in mL). *ex. 7oz*

Also, note the time and mark your urgency level using this scale:

- **0** : No urgency
- **1** : Felt urgency but could tolerate it
- **3** : Urgent need to reach the toilet, interrupting your activity



4. LEAKAGE

If you leaked urine before reaching the toilet, mark the level in the column.

- **Small** – A few drops of urine
- **Medium** – Wet underwear
- **Large** – Wet outerwear or leakage onto the floor



***Note** any activity that caused leakage, like coughing, sneezing, hearing running water.

Also, record any special issues, medication changes, or general notes about your day.



No Cups. No Cleanups. No Writing Down.

Meet the Hassle-Free Bladder Diary App



Try Premium for Free! Unlock premium features for 14 days
*Code: betterthanpdf

Why do people love Bladderly?

✓ Users 20k+

✓ Logged 850k+

✓ Countries 51+

Measure with Sound

Bladderly uses AI to measure urine volume.
Just open the app, follow the countdown, and urinate.

Effortless Fluid Tracking

Select your drink type and log the amount. Bladderly analyzes your intake and output.

Daily Summary at a Glance

Bladderly provides a clear view of your daily status.

Easy to Print

All records can be exported in a bladder diary format.

