

WHAT IS BLADDER DIARY?

A bladder diary is a simple chart where you record your fluid intake, urination times, urgency, and any accidental leakage throughout the day and night. It helps healthcare professionals assess your bladder habits, diagnose urinary issues, and monitor treatment progress.

Starting with your morning wake-up

- Use the diary for the duration your doctor recommends and bring it to your next appointment.
- For accuracy, record each urination and fluid intake as it happens.
- Start each 24-hour cycle with your morning wake-up and first urination.

Tip for Measuring Urine Volume!

- Use a graduated cup or container to measure your urine output.
- You can also use the capacity of a disposable coffee cup as a reference.
 - Starbucks : Short 8oz, Tall 12oz, Grande 16oz
 - Philz Coffee : Short 12oz, Medium 16oz, Large 20oz

HOW TO FILL OUT THE DIARY?

1. TIME

Record the time you urinated, woke up, and went to sleep.

ex. 7:30 wake up



2. FLUID INTAKE

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 oz). *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



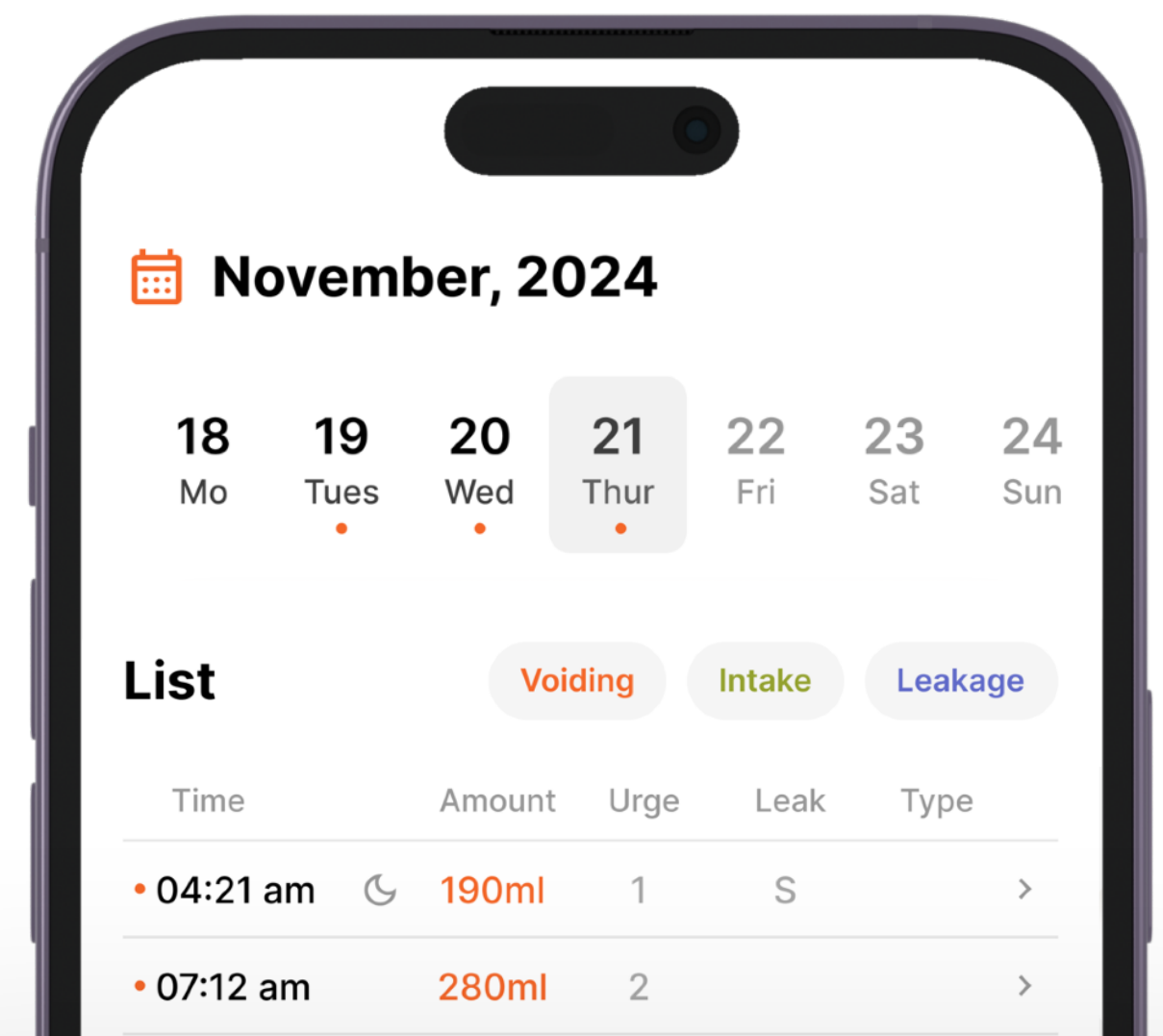
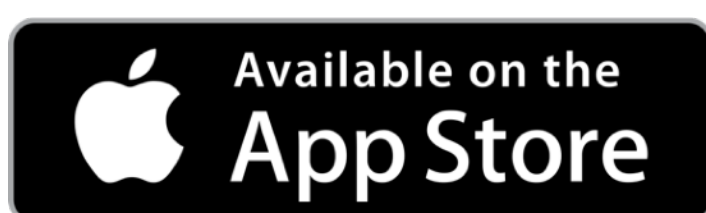
*Note any activity that caused leakage, like coughing, sneezing.

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



NO CUPS. NO STRESS. BLADDER DIARY APP

- TRY PREMIUM FOR 14 DAYS
- CODE: BETTERTHANPDF



☀ Daytime 🌙 Nighttime 💧 Leakage

8 times **2 times** **5 times**

• 05:13 pm 220ml 1

WHY DO PEOPLE LOVE BLADDERLY?

USERS 20K+ **LOGGED 850K+** **COUNTRIES 51+**

MEASURE WITH SOUND #1

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

EFFORTLESS FLUID TRACKING #2

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

DAILY SUMMARY AT A GLANCE #3

Bladderly provides a clear view of your daily status,
including frequency, nocturia (frequent urination at night), leakage and more.

EASY TO PRINT #4

All records can be exported in a bladder diary format.
Use it when you visit your doctor, therapist, or any healthcare provider.