

# MY VOIDING DIARY

Many doctors say that tracking your bladder habits is a very important step in diagnosing overactive bladder. Help them get a peek at your bladder pattern by using a voiding diary. Follow the instructions below and remember to bring the completed diary to your next doctor visit.

In order to re-train your bladder, you'll need to keep track of when you void, have leaking accidents, drink liquids, etc. The following 3-day voiding diary will help you record it all. Simply record the time at which you urinated, or when you accidentally leaked. Also, make note of when and how much liquid you drank. All this information will help you better understand your bladder habits, so that you can create a voluntary voiding schedule. If you would like to track more days, simply visit [www.overactivebladder.ca](http://www.overactivebladder.ca) to print additional copies.



DAY 1			
Time	What I drank and how much	How much I urinated	Did I leak?
		 a little   some   a lot	 a little   a lot

DAY 2			
Time	What I drank and how much	How much I urinated	Did I leak?
		 a little   some   a lot	 a little   a lot

DAY 3			
Time	What I drank and how much	How much I urinated	Did I leak?
		 a little   some   a lot	 a little   a lot

No. of pads I used today: \_\_\_\_\_

The shortest time between bathroom visits:  
 Less than 1 hour    More than 1 hour

Daily comments: \_\_\_\_\_  
 \_\_\_\_\_

No. of pads I used today: \_\_\_\_\_

The shortest time between bathroom visits:  
 Less than 1 hour    More than 1 hour

Daily comments: \_\_\_\_\_  
 \_\_\_\_\_

No. of pads I used today: \_\_\_\_\_

The shortest time between bathroom visits:  
 Less than 1 hour    More than 1 hour

Daily comments: \_\_\_\_\_  
 \_\_\_\_\_