poise® products

bladder diary

date:

Time Urinated	Toilet	Leakage	Product or Clothing	Activity	Fluid Intake/Output

- Make at least seven copies of the blank bladder diary form so that you can keep the diary for a week.
- Record the time of day when you urinated in the toilet or have leakage.
- Record (yes/no) that you urinated in the toilet in the "Toilet" column.
- Indicate the degree of leakage (none/damp/wet) in the "Leakage" column.
- Indicate if you changed your absorbent product or had to change your clothing.
- Note your activity at the time of any leakage.
- Measuring the amount you drank or urinated may help the doctor or nurse assess your condition. If possible, record these measurements in the "Fluid Intake" and "Fluid Output" columns.

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