



## Bladder Diary

Date: \_\_\_\_\_

Time	Toilet Visit	Leakage 1 = few drops 2 = wet underwear 3 = soaked or emptied bladder	Reason Stress* Urge** Unaware	Liquid Input Sip Glass / Cup Pint	Notes

\***STRESS** = Leaks due to coughing, sneezing, laughing and exercise

\*\***URGE** = expelling the bladder contents randomly