

**bladder  
diary.**



# bladder diary

## What is a bladder diary?

A bladder diary is a simple chart which allows you to record the fluid you drink and the urine you pass during the day and night, as well as document if you have urgency and/or accidental urine leakages.

## How can a diary help?

It help you monitor your progress when starting treatment and gives you information for your GP if needed

## How to use it?

Complete it over 3 days (not necessarily consecutive) prior to your clinic appointment



