



## YOUR BLADDER LOG INSTRUCTIONS

### Why keep your log?

The main purpose of a bladder log is to keep track of how your bladder functions. A log can give your health care provider an excellent picture of your bladder function, habits and patterns. In the beginning, the log is used as an evaluation tool. Later, it will be used to measure progress. Please complete a bladder log every day for 3 consecutive days (preferably 1 school day and 2 weekend days) and bring it with you to your next appointment.

The log plays an important part in your health care provider's ability to understand the problem and provide you with the appropriate, specialized treatment plan. The log will be much more accurate if it is filled it out throughout the day. It can be very difficult to remember at the end of the day exactly what happened in the morning. Do the best that you can if your child is in school during the day. Perhaps enlist the help of a teacher or aide.

### Instructions

#### Column 1 - Type and Amount of Fluid and Food Intake:

Record;

1. The types and amount of fluid drank, (1 cup or ½ cup is OK)
2. The types of food eaten
3. Bedtime and when awakening time, including naps

#### Column 2 - Amount Voided (Urinated): Two methods

Use method 1 unless directed by your health care provider to measure urine in exact amounts.

1. Measuring urine in seconds - To measure in seconds begin counting as soon as the urine comes out and stop counting when the urine stops coming out. If one or two more drops come out after that do not count these. If you have difficulty gauging the amount of urine, you may record seconds by counting "one one thousand" while emptying your bladder. Record the number of seconds voided.
2. Measuring urine exactly - Occasionally your health care provider may need to know **exactly** how much urine comes out. To measure exact urine amounts obtain a collection device. The best one is a collection "hat" that can be placed directly over the toilet. Ask your provider where to get one. Some people use 2-4 cup measuring containers, but it is sometimes difficult to catch the urine with these. Record the measured amount of urine in the box at the corresponding time interval each time you urinate.

#### Column 3 - Amount of Leakage:

SMALL= drop or two of urine

MEDIUM= wet underwear

LARGE= wet outerwear or floor

**Column 4 - Activity with Leakage & Was Urge Present:**

Describe the activity associated with the leakage, i.e. coughed, heard running water, sneezed, playing with friends or had a strong urge.

Describe the urge sensation you had to go as:

MILD= first sensation of need to go.

MODERATE =stronger sensation or need.

STRONG =need to get to toilet, move aside!

**Comments** – If underwear or clothing change was needed, record at the bottom of the page.

Daily Bladder Log (Sample)

Time of Day	Type & Amount of Food & Fluid Intake	Amount Voided in ounces, cc or seconds	Amount of Leakage SM/MD/LG	Activity With Leakage & Was Urge Present
12:00a				
1:00				
2:00				
3:00				
4:00				
5:00				
6:00	Woke up 6:30		LG	Woke up wet
7:00	½ cup Chocolate milk, bagel	19 sec.		
8:00			SM	Recess. Mod. urge
9:00	Apple			
10:00				
11:00				
12:00p	Tuna sandwich, 1 cup milk, pear	16 sec.		
1:00				
2:00			SM	Didn't stop playing
3:00	½ cup Milk, cookies	11 sec.		
4:00				
5:00				
6:00	Chicken, corn pudding, carrots, salad. Apple juice (box-6 oz)	9 sec.		
7:00				
8:00	Went to bed			
9:00				
10:00				
11:00				

Comments: \_\_\_\_\_