



Bladder Diary

Keeping a diary can help you understand your bladder habits

Asking these questions may help you assess your bladder control:

Do you have to go more often than usual?

Does urine leakage keep you from going out?

Is your bladder management plan working?


The bladder diary is a great tool to document your habits before talking about bladder control with your health care provider.


How to use the diary


- Begin recording your bladder habits when you wake up in the morning and continue recording for three days or as directed by your health care provider.
- Measure everything you drink – including coffee and tea.
- Measure the amount of urine every time you go to the toilet – also at night.
- When you experience leakage, mark numbers 1, 2, 3 according to the specification in the diary and make a note of what you were doing when it occurred.
- Remember to note the time of every entry.


Measuring your incontinence pad/diaper


- Measure the weight of an unused incontinence pad/diaper and note the weight in the box in the table.
- When you change the pad/diaper, measure the weight again and calculate the difference between before and after. Remember to note the time of entry.


|  | Time | Fluid intake Amount of liquid in ml | Voided amount in ml | Leakage | | | |
|---|------|--|------------------------|---|---|---|--|
| | | | | Amount 1: drops 2: wet 3: soaked | Pad/diaper weight in grams Before use <input type="text" value="g"/> After use Difference | Activity i.e. coughing, walking, doing the dishes, standing up | |
| Bladder Diary Day 1 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

|  | | | | | | | |
|---|--|--|--|--|--|--|--|
| Bladder Diary Night 1 | | | | | | | |
| | | | | | | | |
| | | | | | | | |

|  | Time | Fluid intake Amount of liquid in ml | Voided amount in ml | Leakage | | | |
|---|------|--|------------------------|---|---|---|--|
| | | | | Amount 1: drops 2: wet 3: soaked | Pad/diaper weight in grams Before use <input type="text" value="g"/> After use Difference | Activity i.e. coughing, walking, doing the dishes, standing up | |
| Bladder Diary Day 2 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

|  | | | | | | | |
|---|--|--|--|--|--|--|--|
| Bladder Diary Night 2 | | | | | | | |
| | | | | | | | |
| | | | | | | | |

|  | Time | Fluid intake Amount of liquid in ml | Voided amount in ml | Leakage | | | |
|---|------|--|------------------------|---|--|---|--|
| | | | | Amount 1: drops 2: wet 3: soaked | Pad/diaper weight in grams Before use <input type="text" value=""/> g After use Difference | Activity i.e. coughing, walking, doing the dishes, standing up | |
| Bladder Diary Day 3 | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

|  | | | | | | | |
|---|--|--|--|--|--|--|--|
| Bladder Diary Night 3 | | | | | | | |
| | | | | | | | |
| | | | | | | | |



A better life with a catheter

Coloplast® Care is a personal support programme that offers support and education when you need it. The goal is to extend the help and education you get from your health care provider. You will get access to inspirational and relevant information and support.

Care is available when you need it – whether it's through our online educational articles or by phone with our dedicated team of advisers and specialists, we're here to help you live a better life by helping you do more of the things you like to do.

Learn more and sign up at www.coloplast.xx/xxx or call **XXXXXXX**



Website and emails

A dedicated website and emails, with articles and reliable advice relevant for your situation.



My Continence Check

Keep track of your bladder issues through regular self-assessment.



Phone support

Advisers ready to answer questions and provide support by phone.



Product guidance

Access to product samples on request.

Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare.

Our business includes ostomy care, continence care, wound and skin care and urology care. We operate globally and employ more than 10,000 employees.

Ostomy Care / Continence Care / Wound & Skin Care / Urology Care

Coloplast A/S, Høltedam 1, 3050 Humlebaek,
Denmark www.coloplast.com
The Coloplast logo is a registered trademark
of Coloplast A/S. © [YYYY-MM]
All rights reserved Coloplast A/S, PM-05752

