PROACTIVE physiotherapy
JULIE FAULKS and ASSOCIATES

BLADDER DIARY (24hrs – 48hrs - 72hrs)

Name: _____ **Date:** _____

INPUT (drink)				**OUTPUT (wee)**		
Time	Amount (mls)	Type		Time	Amount (mls)	U / L/ T / JIC / BM *see key*

U = Urge **U+** = Strong Urge **U++** = Unbearable urge
L = Minimal leakage (1tsp) L+ = Moderate(change undies) Leakage L++= Major leakage(full bladder)
T = Trigger- something that causes you to want to empty your bladder
JIC = Just in case (eg. Before shower, before outing, before meeting, before appointment or before bed)
BM = Bowel motion, including any relevant information.