



CENTRE FOR OBSTETRIC PELVIC
HEALTH & RECONSTRUCTIVE SURGERY

WWW.CENTREFOROASIS.COM

Dr. Maria Giroux

BSC MD FRCSC

FEMALE PELVIC MEDICINE &
RECONSTRUCTIVE SURGERY (FPMRS)

Bladder Diary

Instructions:

- A bladder diary is a chart that is used to record the amount of fluid that you drink, amount of urine that you void, and presence of urinary incontinence (involuntary leakage of urine).
- Please measure the amount of urine that you urinate using a measuring cup or voiding hat.
 - If you would like to acquire a voiding hat, it can be purchased from the front desk of the Centre for OASIS for \$5 during office hours.
- Please fill out this bladder diary **over 3 days** (they do not need to be consecutive). **Please complete electronically or print, fill out, scan (or take photographs), and submit the filled out form.**

How to fill out the chart:

- **Time:** time of day or night using a clock (ex. 7:00PM)
- **Fluid intake:**
 - **Type:** name of fluid that you drank (ex. Water)
 - **Amount:** volume of fluid that you drank (ex. 250ml)
 - **Volume voided:** amount that you urinated into a measuring cup or a voiding hat in ml (ex. 300ml)
- **Presence of incomplete bladder emptying:** write "yes" if you feel that you did not completely empty your bladder.
- **Presence of urinary urgency:** write "yes" if you had a sudden need to urinate and could not wait
- **Presence of urinary incontinence:** write "yes" if you had involuntary leakage of urine.
- **Trigger for urinary incontinence:** record what triggered the episode of involuntary leakage of urine (ex. Coughing, sneezing, laughing, exercise, urgency, intercourse). If there was no trigger and leakage occurred on its own, please write down "none."
- **Need to change pad, underwear, or clothing:** write down if you needed to change pad/underwear/clothing due to urinary incontinence.

Example:

Time	Fluid intake (type, amount)	Volume urinated (ml)	Feeling of incomplete bladder emptying	Urinary urgency	Urinary Incontinence	Trigger for urinary incontinence	Need to change pad/underwear
6:30AM	Coffee- 500ml	300ml	Yes				
8:00AM				Yes	Yes		Changed 1 pad
8:30AM					Yes	Sneezing	Changed 1 pad



P: (306)586-3120

F: (306)586-3128



Suite 405, 2631 28th Avenue,

Regina, SK, S4S 6X3



centreforoasis@gmail.com



www.centreforoasis.com

