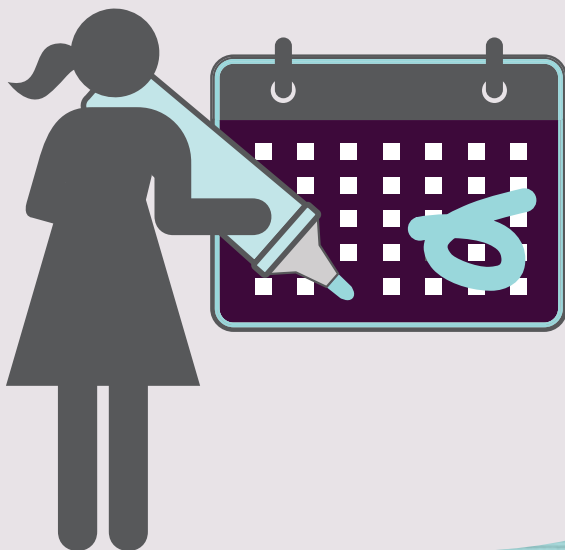


#InControl

Your **3 Day** Bladder Diary



A bladder diary may help you keep note of the times when you visit the toilet and also the number of leaks you may be experiencing. You should fill in the diary for 3 consecutive days and discuss with your doctor.

Visit www.oab.ie
for further support and information



Day 1

Date:

/ /



TIME	Drinks Consumed		Number of trips to toilet during the hour	Strong urge to pee	Mild urge to pee	Wetting Accident
	What Kind?	How Much?				
SAMPLE	TEA	2 CUPS	1	-	1	-
SAMPLE	COKE	1 CAN	2	-	1	-
6-7 morning						
7-8 morning						
8-9 morning						
9-10 morning						
10-11 morning						
11-12 noon						
12-1 afternoon						
1-2 afternoon						
2-3 afternoon						
3-4 afternoon						
4-5 afternoon						
5-6 evening						
6-7 evening						
7-8 evening						
8-9 night						
9-10 night						
10-11 night						
11-12 night						
12-1 night						
1-2 night						
2-3 night						
3-4 night						
4-5 night						
5-6 night						

Day 2

Date: / /



TIME	Drinks Consumed		Number of trips to toilet during the hour	Strong urge to pee	Mild urge to pee	Wetting Accident
	What Kind?	How Much?				
SAMPLE	TEA	2 CUPS	1	-	1	-
SAMPLE	COKE	1 CAN	2	-	1	-
6-7 morning						
7-8 morning						
8-9 morning						
9-10 morning						
10-11 morning						
11-12 noon						
12-1 afternoon						
1-2 afternoon						
2-3 afternoon						
3-4 afternoon						
4-5 afternoon						
5-6 evening						
6-7 evening						
7-8 evening						
8-9 night						
9-10 night						
10-11 night						
11-12 night						
12-1 night						
1-2 night						
2-3 night						
3-4 night						
4-5 night						
5-6 night						

Day 3

Date:

/ /



TIME	Drinks Consumed		Number of trips to toilet during the hour	Strong urge to pee	Mild urge to pee	Wetting Accident
	What Kind?	How Much?				
SAMPLE	TEA	2 CUPS	1	-	1	-
SAMPLE	COKE	1 CAN	2	-	1	-
6-7 morning						
7-8 morning						
8-9 morning						
9-10 morning						
10-11 morning						
11-12 noon						
12-1 afternoon						
1-2 afternoon						
2-3 afternoon						
3-4 afternoon						
4-5 afternoon						
5-6 evening						
6-7 evening						
7-8 evening						
8-9 night						
9-10 night						
10-11 night						
11-12 night						
12-1 night						
1-2 night						
2-3 night						
3-4 night						
4-5 night						
5-6 night						