poise® products

Bladder Diary

A bladder diary gives a doctor a picture of your experience with bladder weakness. Keeping an accurate and thorough diary will provide a clearer picture of your individual situation.
Keep the diary for at least a week before seeing a doctor, and take it to the appointment.

Instructions for this Bladder Diary:

- Make at least seven copies of the blank bladder diary form so that you can keep the diary for a week.
- Record the time of day when you urinated in the toilet or have leakage.
- Record (Yes / No) that you urinated in the toilet in the "Toilet" column.
- Indicate the degree of leakage (None/ Damp/ Wet) in the "Leakage" column.
- Indicate if you changed your absorbent product or had to change your clothing.
- Note your activity at the time of any leakage.
- Measuring the amount you drank or urinated will help the doctor or nurse assess your condition. If possible, record these measurements in the "Fluid Intake / Output" column.

Date:

TIME OF DAY	TOILET (Yes/No)	LEAKAGE (None/Damp/Wet)	CHANGE OF PRODUCT OR CLOTHING	ACTIVITY	FLUID INTAKE / OUTPUT

* Registered Trademark Kimberly-Clark Worldwide, Inc. © 2005 KCWW