



Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

Davenport
3319 Spring St.
563-359-1641

Moline, IL
600 Valley View Dr.
309-757-7196

Toll Free: 800-456-0407

Bladder Diary Instructions

What is a Bladder Diary?

It is a tool that you and your provider use to better understand your bladder symptoms, which helps develop an appropriate plan of care. You will track the time and amount/volume of: what you drink and what you urinate.

How do you use the Bladder Diary?

1. The day always begins in the morning, after you wake up. Record keeping continues for the next 24 hours. For example, if you wake up at 7 AM, all records for that day continue until 7 AM the following day.
2. Record the amount/volume of anything you drink (i.e. water, juice, coffee, wine) in mL or cc, NOT ounces. Using a measuring cup can be helpful. If you are unable to measure, please record an educated guess – it is better to be close than to have nothing recorded. Many drinks containers list the number of mL/cc, use these containers as a guide when you have to make a guess. **8 ounces = 240mL/cc; 1 ounce = 30mL/cc**
3. Record the volume of your urine. We will provide a collection device for you, also called a ‘hat’. To use it, place it under the toilet seat, void into it, and record the amount. Please remember to rinse the ‘hat’ with water after each use. We recommend you replace it after rinsing, so it is in position when you need to void again. If it is easier for you, use a urinal to record your volumes.
4. Record your volumes for three days. A one-day diary does not provide enough information. The three days do not have to be in a row. Although, the days need to be ‘typical’ days.
5. Bring you Bladder Diary with you to your next appointment.

