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Bladder Diary Instructions

1. Time of Urge: The moment first realize you could urinate, whether you go immediately to the toilet or not
 2. Time of Void: The time you empty your bladder in the toilet
 3. Degree of Urge: Scale of 1-10
1 is a convenience void, you don't have to go but you do anyway.
10 is as full as you can stand to be, you can't wait one more second.
 4. Amount of Urine: In ounces. 2 cup measuring cup is big enough. Measure each void; do not guess. Without this information the diary is much less useful.
 5. Incontinence: Leakage of urine, categorized as S, U or W
S= exert and squirt leakage, aka "stress incontinence", you lose urine with cough or sneeze or running or lifting but you do not feel any urgency to urinate at the time of leaking.
U= urge incontinence, or overactive bladder. You can't hold it and you begin to urinate into your clothing.
W= unaware leakage. You don't know what happened, you weren't physically active or experiencing the urge to void, but you leaked anyway.
 6. Amount of leakage: very subjective, small/medium or large amounts of wetting. Be consistent in your rating throughout the 24 hour period.
 7. Any other symptoms: such as pain, burning, deviated stream, difficulty starting stream, don't feel empty after voiding, etc.
- NB: This is **not** a test, drink and eat whatever you want. Keep as close to your typical routine as possible. No need to record intake of beverages; start anytime of day or night and finish 24 hours later. **Do not void any differently than you usually do. Do not alter your beverages in any major way.**

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Time of urge	Time of void	Degree of urge at void (1-10)	Amount of voided urine (ounces)	Incontinence (S, U, W)	Amount of leakage (sm, med, lg)	Other comments
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						
19.						
20.						

S = Stress incontinence: leakage with activity ie; cough, sneeze, running, lifting, exercise etc with no sensation of urgency.

U= Urge incontinence: leakage caused by a severe and uncontrollable urge to urinate.

W= Unaware incontinence: underwear or pad are wet with urine and you are not sure how it happened.

For a 24 hour period; start and any time of day or night, finish 24 hours later. *This is not a test*; eat, drink and go about your activities as usual.