

Three-day bladder diary

Askabide Klinika · Urinary incontinence and pelvic floor

This diary helps organise information about drinks, urination, urgency and urine leakage. It does not diagnose the cause by itself, but it can make the first assessment more precise.

How to use it

1. Complete three reasonably representative days; they do not need to be consecutive.
2. Record the time and, whenever possible, the approximate amount you drink and pass.
3. Rate urgency and note whether leakage occurred.
4. Describe what you were doing: coughing, running, getting up, reaching the toilet, sleeping, etc.
5. Do not artificially change your normal habits just to complete the diary.

Urgency scale: 0 = none · 1 = mild · 2 = strong but controllable · 3 = very strong or difficult to control.

Severe pain, visible blood in urine, fever, difficulty passing urine or rapid deterioration require medical assessment; if there is an immediate danger, call 112.

Bring the diary to your appointment or have it available when contacting Askabide. Do not send it by general WhatsApp or email unless the clinic gives you a suitable channel.

Day 1

Date: _____ Wake-up time: _____ Bedtime: _____

Time	Drink (type and ml)	Urine (ml)	Urgency 0-3	Leakage none / small / medium / large	Activity or trigger	Pad (change)	Notes

Medication / general notes

Day 2

Date: _____ Wake-up time: _____ Bedtime: _____

Time	Drink (type and ml)	Urine (ml)	Urgency 0-3	Leakage none / small / medium / large	Activity or trigger	Pad (change)	Notes

Medication / general notes

Day 3

Date: _____ Wake-up time: _____ Bedtime: _____

Time	Drink (type and ml)	Urine (ml)	Urgency 0-3	Leakage none / small / medium / large	Activity or trigger	Pad (change)	Notes

Medication / general notes