

### BLADDER & BOWEL DIARY—ASSESSMENT OF BLADDER FUNCTION

Name \_\_\_\_\_ Date \_\_\_\_\_

| Time of Day | Voided in toilet (✓) | Aware of urge to void? | Was incontinent (circle one)* | BladderScan™ Volume | Bowel Movement + | Fluid intake in cups | Comments |
|-------------|----------------------|------------------------|-------------------------------|---------------------|------------------|----------------------|----------|
| 7:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 8:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 9:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 10:00 a.m.  |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 11:00 a.m.  |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 12 noon     |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 1:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 2:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 3:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 4:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 5:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 6:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 7:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 8:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 9:00 p.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 10:00 p.m.  |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 11:00 p.m.  |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 12 midnight |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 1:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 2:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 3:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 4:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 5:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |
| 6:00 a.m.   |                      | Yes No                 | S M L                         |                     | F H L            |                      |          |

PRODUCT WORN:  PAD  PANTYLINER  BRIEF  OTHER  
(SPECIFY) \_\_\_\_\_

\* S = SLIGHTLY WET    M = WETS MOST OF PAD    L = OUTSIDE OF CLOTHING IS WET  
+ F = FORMED    H = HARD    L = LOOSE/LIQUID

Reviewed by: \_\_\_\_\_