

Bladder Diary

This bladder diary is a very important tool to help us understand what's going on with your child's urinating issues.

Please fill out the diary for 3 days. It does not have to be 3 days in a row. Do not try to use the diary on a day you are travelling or off your normal routine. Fill out as much information as you can.

Bring the diary with you to your child's next appointment.

How do I fill in the diary?

- Write down the time your child went to the bathroom and about how much he or she urinated. Write down the amount by using these guesses for how much:
 - “S” for a small amount of urine
 - “M” for a medium amount of urine
 - “L” for a large amount of urine.
- We may even ask you to measure the amount of urine. If so, we will give you a cup to measure it in. Then you would write down that measured amount in the amount column.
- If your child has an accident, please mark it down in the “wet” section. Also mark if the accident was:
 - “D” for damp underwear
 - “W” for wet underwear and clothes
- Record any nighttime bathroom activity if your child gets up to urinate or wets the bed. Bedwetting can go in the “wet” column. Write down nighttime bathroom trips the same as you would write the day trips.

If you have any questions or need help with the diary, call the Division of Pediatric Urology at (615) 936-1060.

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