

**SIMPLE BLADDER DIARY**

Bladder diaries provide useful information to you and your doctor about the nature of urinary symptoms and response to treatment.

Treatment and date: \_\_\_\_\_

DAY	Daytime frequency	Nighttime frequency (woke up)	Number of pads used (dry, damp, wet) Number of leaks / flooding / urgency
1			
2			
3			
4			
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