

Urinary Incontinence/bladder leakage

To be completed only if urine leakage or urinary incontinence is present

Please answer the following questions regarding leakage:

Do you rush to the toilet with the first urge to urinate? _____

You sometimes do not make it to the toilet in time? _____

Have you lost the entire content of your bladder? _____

You sometimes have a strong urge to urinate and only pass a small amount? _____

Do you leak when your bladder is full and/or empty? _____

Leakage happens the most with? _____

Bladder diary

A bladder diary gives important information about urine leakage, bladder emptying and drinking patterns. This information is used as an assessment tool. Please complete a **three consecutive day** bladder diary as soon as you receive it, fill out the below information and bring to your first appointment

How do I keep a bladder diary?

Each time you **have a drink**, record the amount (in oz or ml), what it was that you drank and the time.

Each time **you pass urine**, measure it in a container, write the time and the amount (in oz or ml). You can measure using a measuring cup or by marking measurements on a ziplock bag that can be disposed of afterwards. Keep a couple of measured bags in your handbag if you know you will be leaving the house. You can record your bladder activities on your phone and fill out the paperwork afterwards to bring to your first session.

Each time **you leak urine**, write down the amount by using a scale of 0-10. 0 means no leakage, 10 means completely soaked underwear.

Write down what you think **caused the leakage**. If the leakage was caused by a sudden and strong urge to pass urine, write "urgency" in the "reason for leakage" column.

Remember to also record bladder activity at night. Please fill out each time you wake to void during the night

If you have any questions please email Lisa De Villiers at lisaphpt@gmail.com or phone the Bonnyville Medical Clinic at 780 826 3346 ext 209

Example:

Time	Drink Type	Drink Amount	Urine Voided	Urine leakage	Reason
7:30			400ml		
9:00	tea	250ml			
9:15				4/10	cough
10:00				3/10	urgency walking to washroom, could not hold

