

Bladder Diary



This diary is not intended to provide any medical determination of your overall bladder health. Share this with your doctor.

(V)olume=measure the amount of urine in the Graduated Collection Bag and write into the appropriate time and date slot then total daily.

(C)olor=monitor the color of your urine to identify noticeable trends in your urine pattern (Y=yellow, C=clear, F=foggy or cloudy)

(F)requency=number of times you urinate per day. Simply place a check mark in the appropriate time and date slot and total daily.

	Mon.	Date		Tues.	Date		Wed.	Date		Thurs.	Date		Fri.	Date		Sat.	Date		Sun.	Date
	Vol.	Color	Freq.	Vol.	Color	Freq.	Vol.	Color	Freq.	Vol.	Color	Freq.	Vol.	Color	Freq.	Vol.	Color	Freq.	Vol.	Color
12:00 AM																				
1:00 AM																				
2:00 AM																				
3:00 AM																				
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