



# Bladder Symptom Diary

If you had no issues during the day, make sure to note that.

Record your urgency rating even if you did not experience leakage.

Only complete the "Retention" section if you are receiving therapy for retention.

Take this diary to your next appointment and discuss it with your doctor.

Overactive Bladder							Retention				
Date	Time	Void Y/N	Leak Y/N	Pad: Mild, Moderate, Soaked	Urgency 1-5(1 is low)	Notes		Void Y/N	Voided Volume	Cath Y/N	Catheter Volume (or PVR)