IncoStress™

designed by
women for women

Bladder Diary

Date:

Time Urinated	Washroom	Leakage	Change of protection	Activity	Fluid Intake	Fluid Output

- Record the time of day when you urinated in the washroom or have leakage.
- Record (Yes/No) that you urinated in the washroom in the "Washroom" column.
- Indicate the degree of leakage (none/damp/wet) in the "Leakage" column.
- Note your activity at the time of any leakage, sneezing, coughing, exercise laughing etc.
- Measuring the amount you drank or urinated may help the healthcare professional assess your condition around 10 seconds is equal to 300 ml or 10.55 fl ounces.

Bescot
Healthcare Canada