# Women's Clinic, Ltd.

**Female Pelvic Medicine & Reconstructive Surgery**

Stephen H. Fehnel, MD • Cathy Seyfert, MSN, CRNP

## Bladder Record

Please keep track of your fluid intake and urine output for two 24-hour periods. The 24-hour periods do not have to be consecutive days. Be sure to include a.m. and p.m. when documenting the time of day you urinate, and measure the amount you urinate in cc's or ounces. These markings can be found on a measuring cup. This record is very important in deciding the treatment for your bladder problems.

### Day One

| Time | Amount Voided | Amount of Leakage | Reason for Accident | Amount of Fluid I Drank |
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Number of pads or undergarments used today: _____ Date: _____

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**Bladder Record,** ***continued recorded information***

**Day Two**

| Time | Amount Voided | Amount of Leakage | Reason for Accident | Amount of Fluid I Drank |
|---|---|---|---|---|
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Number of pads or undergarments used today: _____ Date: _____