Three-day bladder diary

Choose three typical days in a row if you can. Keep your usual drinking and sleep routine.
Start when you get up. Include overnight trips. Use a separate row for each drink or trip.
On day 3, add the first morning trip of the next day and mark it in the notes.

Date _____ **Went to bed that night** _____ **Got up the next morning** _____

Time (a.m. or p.m.)	**Drink and amount** (cups or mL)	**Urine amount** (mL if known)	**Sudden urge?** (yes or no)	**Notes or leaks**

If an amount is uncertain, leave it blank or estimate. Use another sheet if you need more rows.

Anything else to mention at your visit?

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Source: Canadian Urological Association nocturia report

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