

Email to info@ihcsystems.net

Provider

Text to 678-431-4098

Bladder Diary

Complete a ONE Day diary AT LEAST 48 hours before FIRST and LAST appointment

[illegible]

Instructions for Bladder Diary

The bladder diary is one of the most objective resources we have to know what a day in your life looks like regarding the health of your pelvic floor and urological function. Our equipment can determine the current condition of the pelvic muscle and exercise it, but the bladder diary can reveal the impact on your life.

Please complete a ONE DAY diary a few days before your first appointment and a few days before your last appointment.

There are several SIMPLE ways to complete the diary and send to the Patient Care Team: go to pelvicfloorththerapy.com and fill out online, scan or take a picture with your phone and either email to info@ihcsystems.net or text to 678-431-4098.

- Column 1- INTAKE: Times you drank fluid during 24 hours
 - Column 2 - INTAKE: Type of fluid you drank; i.e. water, coffee, soda, tea, milk, juice, wine
 - Column 3 - INTAKE: Approximate amount of fluid
 - Column 4 - OUTPUT: Each time you empty your bladder for 24 hours
 - Column 5 – OUTPUT: Approximate volume when you emptied your bladder; small, medium, large
 - Column 6 – OUTPUT: If you leaked any urine was it a drop, soaked pad or completely emptied your bladder.
 - Column 7 – OUTPUT: What activity were you doing at leakage?
 - Column 8 – OUTPUT: Did you have an Urge event when you emptied your bladder?
 - Column 9 – OUTPUT: How much fecal incontinence did you experience; smear, liquid, solid
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1. Start first thing in the morning and continue throughout the day and night until the time you started on the next day.
 2. It is best to do the day before your next therapy OR on day when you can best record the data.
 3. Stick to your normal routine on day of diary – don't change anything.