Prevail

BATHROOM DIARY

A Bathroom Diary is a great tool for tracking your bathroom habits and episodes of leakage. For every leak, record the amount of urine or feces lost – S for a small amount, M for a medium amount, or L for a large amount. You can also keep track of those scheduled visits while you're retraining your bladder. Your Bathroom Diary will also be extremely helpful to your healthcare provider. They'll be able to see your pattern of leakage clearly, which helps them better assess your symptoms and determine the best course of treatment. You can also include a list of your current medications which might be interfering with your bladder control.

	12)	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	Total
Sunday																									
Monday																									
Tuesday																									
Wednesday																									
Thursday																									
Friday																									
Saturday																									