

Urinary Incontinence Symptom Diary

When you keep track of your symptoms, your notes can go a long way toward helping your specialist diagnose your condition and recommend a treatment that's right for you. Just print this sheet, and fill in the items that apply. Try to keep a record for 2 weeks. It's important to note the circumstances that precede your symptoms, along with any questions you may have. These are the clues that can help your doctor restore your continence—and confidence.

Date	Time	Did you experience any sudden urges to use the restroom?	About how many times did you urinate today?			Did you experience any leakage? If so, how much?			If you used protection, what kind and about how many?			Notes (Consider what you were doing or fluid intake)
			4-8	9-12	13+	Mild (a few drops)	Moderate (wet underwear/pad)	Serious (wet outerwear, changed pad/undergarment)	Pantiliner	Pad	Undergarment	
8/12	3:35pm	✓		✓			✓	EXAMPLE	3			Leaked during my tennis match; felt like I had to go all day

Additional notes or future questions to ask my doctor: _____

