

# Your Bladder Smart diary

## Focusing on your symptoms

This diary has been designed to help track your bladder symptoms and monitor the things that could be aggravating and making them worse. This could help you better understand and manage your condition, and help your doctor find the best treatment for you.<sup>1-4</sup>



no pain



mild pain



pain to cause discomfort



severe pain



Day:  
6am-12pm



Night:  
12pm-6am

	What did you eat today? <sup>1-3</sup>	What did you drink today?	Did you have intercourse?	How often did you pass urine?	Tick to indicate your level of pain Use the box to fill in any extra details e.g. where your pain is, what time you felt it and how often you felt it.							
Day 1						<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>						
Day 2						<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>						
Day 3						<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>						
Day 4						<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>						
Day 5						<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>						
Day 6						<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>						
Day 7						<table border="1"> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>						

### Notes:

If there's anything else you can think of or would like to tell us you can write it here:

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1. International Painful Bladder Foundation 2014  
 2. BJOG - An International Journal of Obstetrics & Gynaecology 2016  
 3. MedlinePlus Medical Encyclopedia Cystitis - noninfectious  
 4. MedlinePlus Medical Encyclopedia Cystitis - acute