

VANITA'S REHAB

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Name _____

date _____ 

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BLADDER LOG

D: Leakage - Small(S) = few drops/dribble; Medium(M) = wet pad; Large(L) = change pad/Depend

E: Describe Urge as - 1 = mild, first sensation of need to go; 2 = moderate, stronger sensation/start looking for bathroom; 3 = strong, need to go to the bathroom NOW

F: Describe activity with leakage - i.e. coughed, heard running water, sneezed, bent over, stood up, waited too long etc.

G: Type of pad absorbency - Very light • Light •• Medium ••• Heavy ••••

H: How wet is the pad -

| A | B | C | D | E | F | G | H |
|--------------|---|---|-------------------|-------------------|---|--|--|
| Time | Type of Fluid | Amount Voided | Amount of Leakage | Was urge Present? | Activity with Leakage | Pad / Type | % Wet |
| | W = water C = coffee T = tea J = juice M = milk 1Cup = 8oz | count 1,2,3,4,5---- (Not 1 Mississippi) | S / M / L | 1 / 2 / 3 | C = coughing L = lifting S = standing W = walking SL = sleeping ST = sitting | PUPS (Pullups) DH = Heavy DM = Medium T = Tena (L,M,H) P = Poise (L,M,H) | 10% = Dollar spot 25% 50% - 2x2" 75% - 2x4" 100%-whole pad is soaked |
| 6am 8am | | | | | | | |
| 8am 10am | | | | | | | |
| 10am 12pm | | | | | | | |
| 12pm 2pm | | | | | | | |
| 2pm 4pm | | | | | | | |
| 4pm 6pm | | | | | | | |
| 6pm 8pm | | | | | | | |
| 8pm 10pm | | | | | | | |
| 10pm 12am | | | | | | | |
| 12am 2am | | | | | | | |
| 2am 4am | | | | | | | |
| 4am 6am | | | | | | | |

Comments - Number of Pads - ____ / Depends ____

How wet - Dry ____ / Mild ____ / Moderate ____ / Soaked ____