

VANITA'S REHAB

Website: www.vanitasrehab.com

Name _____

date _____ 

Phone: 321-432-5573

Fax: 321-726-9938

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 ____