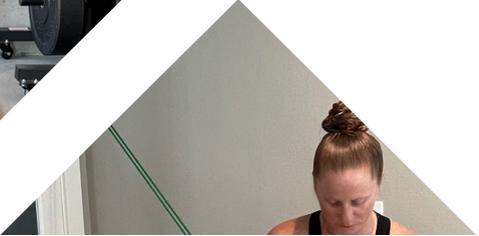




BLADDER DIARY

ENHANCED
PHYSICAL THERAPY
& WELLNESS

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BLADDER DIARY

INSTRUCTIONS

WHAT'S A BLADDER DIARY?

A BLADDER DIARY IS A TOOL TO HELP YOU BETTER UNDERSTAND YOUR BLADDER SYMPTOMS.

BY TRACKING YOUR BLADDER HABITS, IT CAN HELP YOU IMPROVE YOUR LEAKING, HESITATION, PELVIC FLOOR TIGHTNESS, AND URINARY URGENCY.

HOW TO USE

TRACK YOUR BLADDER HABITS FOR 1 WEEK.

MONITOR THE DRINKS YOU TAKE IN AND THE AMOUNT OF URINE YOU RELEASE.

KEEP TRACK OF YOUR SYMPTOMS, SUCH AS LEAKING OR URGENCY, AS WELL AS THE HABITS OR ACTIVITIES THAT OCCURRED AROUND THE SYMPTOM PRESENTATION.

COMPARE

RECOMMENDED BLADDER HABITS:

TOTAL FLUID CONSUMPTION:
1/2 BODYWEIGHT IN FLUID OZ
SPREAD OUT EVENLY THROUGHOUT THE DAY

2/3 OF TOTAL FLUIDS SHOULD BE FROM
WATER

VOIDING 5-8X/DAY, EVERY 2-4 HOURS



MINIMIZE

BLADDER IRRITANTS

CERTAIN FOODS AND DRINKS CAN BE BLADDER IRRITANTS WHICH CAN INCREASE SYMPTOMS OF URINARY FREQUENCY, URGENCY, LEAKING, OR BLADDER PAIN.

IF YOU ARE STRUGGLING WITH BLADDER ISSUES, TRY REMOVING ONE OR MORE OF THESE IRRITANTS FROM YOUR ROUTINE AND SEE IF YOUR SYMPTOMS IMPROVE.



ALCOHOL



SPICY FOODS



COFFEE



TEA



CHOCOLATE



CITRUS FRUITS





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