Three-day bladder diary

Date: _____ Sleep start: _____ Final rising: _____

Record events in order. Include drinks and daytime urination, the last urination before sleep, all nighttime trips, and the first urination after final rising. Pair that first morning event with the night it follows. Its volume contributes to the overnight total. Leave amounts blank when unknown. Continue your usual routine and follow current medical instructions.

Time	Event or drink type	mL	What woke you, urgency, leakage or notes

If you need more room, continue on a separate sheet. If you suddenly cannot urinate, seek emergency care now.

Nguyen et al. · Canadian Urological Association nocturia report (2022)

Hashim et al. · ICS nocturia terminology (2019)

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