1. Check the box each time you empty your bladder (√ = pee). Remember you need to TRY to use the bathroom every 2-3 hours, even if you don’t feel like you have to go.

2. You should drink three _______ounce glasses of water every day. Drink each glass in 5-10 minutes. Put a W in the chart each time you drink a glass of water.

3. A=accident and D=damp pants. When these things happen, mark them in the chart.

4. Put an X in the bowel movement (BM) box when you have a bowel movement. If we are concerned about constipation, please describe the bowel movement. (For example, was it hard or painful to pass?) You can use _______________ as a stool softener.

5. In the “SLEEP” column, please write “Dry” or “Wet.”

Directions:

If you are returning for a follow-up visit, it’s very important to bring your calendars so we can review them. The calendars help us know how you are doing so we can adjust care. Thank you!