

TREATMENT TRACKER

Name: _____

Date: _____

This Treatment Tracker is intended for use by patients prescribed medication to treat overactive bladder only.

1. Your doctor has prescribed you a medicine to help treat the symptoms of your overactive bladder.
2. It is important to keep a record of your bladder habits in this Treatment Tracker.
3. Use the example below to fill in the 'Before treatment' row before, or the day of, starting your treatment.
4. Follow the Treatment Tracker prompts each week to monitor your symptoms.
5. Review your progress with your doctor at regular intervals to make sure your treatment is tailored to your needs.
6. Prebook your Week 2 and 4 appointments now!

The first row has been completed as an example.

Day	How many times did you pass urine?		How strong was the urge? (1=weak; 5=strong)	Did you leak urine? Y/N	How many pads did you use?	Amount of urine (Small / medium / large)	Symptoms (Better / no change / worse)	Note anything that bothers you
	Total for day	Total for night						
Before treatment (example)	8	3	① ② ③ ④ ⑤	y	4	Ⓢ Ⓜ Ⓛ	N/A	Disappointed; missed Georgia's solo because I had to run to the loo
Before treatment Date: _____			① ② ③ ④ ⑤			Ⓢ Ⓜ Ⓛ	N/A	
Week 1 Date: _____			① ② ③ ④ ⑤			Ⓢ Ⓜ Ⓛ	😊 😐 😞	

TREATMENT TRACKER

This Treatment Tracker is intended for use by patients prescribed medication to treat overactive bladder only.

Day	How many times did you pass urine?		How strong was the urge? (1=weak; 5=strong)	Did you leak urine? Y/N	How many pads did you use?	Amount of urine (Small / medium / large)	Symptoms (Better / no change / worse)	Note anything that bothers you
	Total for day	Total for night						
Week 2 Date: _____			① ② ③ ④ ⑤			Ⓢ Ⓜ Ⓛ	😊 😐 😞	
Are your symptoms improving? Now is the time to make sure you are on the best dose for you. Check with your doctor now.								Your next appointment is:
								Date: _____
Week 4 Date: _____			① ② ③ ④ ⑤			Ⓢ Ⓜ Ⓛ	😊 😐 😞	
Living a life with less interruptions? Time to check your progress with your doctor. Don't forget to prebook your Week 12 appointment too.								Your next appointment is:
								Date: _____
Week 8 Date: _____			① ② ③ ④ ⑤			Ⓢ Ⓜ Ⓛ	😊 😐 😞	
It's a numbers game – are you using less pads or passing urine less often? Don't stop now!								Your next appointment is:
								Date: _____
Week 12 Date: _____			① ② ③ ④ ⑤			Ⓢ Ⓜ Ⓛ	😊 😐 😞	
Time to confidently plan for your next 3 months of freedom – see your doctor now.								Your next appointment is:
								Date: _____