

## Contino<sup>®</sup> Bladder Diary

*This bladder diary documents what, when and how much fluid you drink, when and how much you urinate (pee) in a toilet, and when, why and how much your bladder leaks. This information is used to develop a personalised treatment plan for you. Please refer to the reference guide to complete.*

### Reference Guide

|                                  |   |
|----------------------------------|---|
| <b>Time</b>                      | Select correct row based on (hour of the day) (period am/pm)  |
| <b>Fluid Intake</b>              | Record type & quantity of fluid consumed (mL, ounces, cups)(250mL=8oz=1cup)   |
| <b>Urine Output</b>              | Each time you empty your bladder measure: <ul style="list-style-type: none"> <li>• The pee in a container and record the amount;</li> <li>• If you can't measure it, estimate the amount: <ul style="list-style-type: none"> <li>○ Small = 150mL or less</li> <li>○ Medium = 150 to 250mL</li> <li>○ Large = 250mL or more</li> </ul> </li> </ul> |
| <b>Urine Colour</b>              | Note colour: Clear, Pale Yellow, Dark Yellow, Brown, Other  |
| <b>Urine Stream</b>              | Note stream: Dribbling, Normal, Forceful, Starts/Stops, Split/Forked, Other   |
| <b>Leakage</b>                   | Each time your bladder leaks into a pad/brief/clothes estimate the amount: <ul style="list-style-type: none"> <li>• Small = few drops (150mL or less)</li> <li>• Medium = wet underwear/pad (150 to 250mL)</li> <li>• Large = soaked clothes/pad (250mL or more)</li> </ul>   |
| <b>Activity When Leaking</b>     | Record the activity when the leak occurred:<br>Sit to stand, exercising, cough, sneeze, sudden movement   |
| <b>Pad/Brief Saturation</b>      | When discarding a pad/brief note saturation as: Small, Medium, Large  |
| <b>Urge</b>                      | Record Yes/No if urge felt prior to a pee or leak   |
| <b>Urge Strength</b>             | Record Mild, Moderate, Strong   |
| <b>Pad or Brief</b>              | Each time a new pad or brief is used record: P = pad, B = brief   |
| <b>Record</b>                    | Information about pads and briefs, wakeup and sleep times, other  |
| <b>How to Complete this Form</b> | Enter the information digitally, save and return by email to <a href="mailto:support@life360innovations.com">support@life360innovations.com</a> OR print and complete with a pen, scan/take a photo and return by email OR mail to Life360 Innovations, 1200-555 West Hastings St., Vancouver, BC, V6B 4N6  |

|      |      |        |        |                    |       |       |       |
|------|------|--------|--------|--------------------|-------|-------|-------|
| Name | Date | Height | Weight | Contino worn (Y/N) | Day 1 | Day 2 | Day 3 |
|      |      |        |        |                    |       |       |       |

| Time      | Fluid Intake       |                  | Urine Output<br>(see keys below) |                 |                 | Leakage<br>into Pad or<br>Brief<br>mL/Cup | Activity<br>during<br>Leakage | Pad/Brief<br>Saturation<br>(see key) | Urge Sensation |                       | New<br>Pad/Brief |
|-----------|--------------------|------------------|----------------------------------|-----------------|-----------------|---|-------------------------------|--------------------------------------|----------------|-----------------------|------------------|
|           | Type<br>i.e. water | Volume<br>mL/Cup | Volume<br>mL/Cup                 | Urine<br>Colour | Urine<br>Stream |   |                               |                                      | Y/N            | Strength<br>(see key) |                  |
| 6-7am     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 7-8am     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 8-9am     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 9-10am    |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 10-11am   |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 11-12noon |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 12-1pm    |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 1-2pm     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 2-3pm     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 3-4pm     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 4-5pm     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
| 5-6pm     |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |
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| TOTALS    |                    |                  |                                  |                 |                 |   |                               |                                      |                |                       |                  |

|                                     |                              |
|-------------------------------------|------------------------------|
| Note number and style of pads used: |                              |
| Waking time:                        | Sleep time: # Night Wakings: |

Urine Colour: Clear, Pale Yellow, Dark Yellow, Brown, Other (please note)  
 Urine Stream: Dribbling, Normal, Forceful, Starts/Stops, Split/Forked, Other (please note)  
 Urge Sensation: Mild, Moderate, Strong  
 Pad Saturation: Small (damp), Medium (wet but contained), Large (saturated, leaking, messy)  
 Need help? Call us toll free M-F between 9am-5pm PST at (833)543-3311 or email support@life360innovations.com



|      |      |        |        |                    |       |       |       |
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|      |      |        |        |                    |       |       |       |

| Time      | Fluid Intake       |                  | Urine Output<br>(see keys below) |                 |                 | Leakage<br>into Pad or<br>Brief<br>mL/Cup | Activity<br>during<br>Leakage | Pad/Brief<br>Saturation<br>(see key) | Urge Sensation |                       | New<br>Pad/Brief |
|-----------|--------------------|------------------|----------------------------------|-----------------|-----------------|---|-------------------------------|--------------------------------------|----------------|-----------------------|------------------|
|           | Type<br>i.e. water | Volume<br>mL/Cup | Volume<br>mL/Cup                 | Urine<br>Colour | Urine<br>Stream |   |                               |                                      | Y/N            | Strength<br>(see key) |                  |
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