ICUA Urinary Continence & Pelvic Floor Log

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Name (optional): _____ **Age:** _____ yrs **Date:** ____ / ____ / 20____

Original ICUA clinical log designed to track post-prostatectomy continence recovery objectively and keep a steady, fatigue-free external sphincter training routine.

1. CURRENT CONTINENCE STATUS (PAST 7 DAYS)

Average number of pads used per 24 hours:

☐ 0 (dry without pad) ☐ 1 thin liner for reassurance only (stays dry) ☐ 1 pad/day ☐ 2 pads/day ☐ 3 or more pads/day

Typical pad dampness when changed:

☐ Dry ☐ A few drops on effort ☐ Moderately damp ☐ Soaked

When does leakage happen? (check all that apply):

☐ Coughing, sneezing or laughing
☐ Brisk walking, lifting or exercise
☐ Sudden urgency before reaching the toilet
☐ Standing up from a chair or bed
☐ Late afternoon/evening sphincter fatigue
☐ While asleep at night

2. WEEKLY PELVIC FLOOR TRAINING LOG (3 × 10 ROUTINE)

Contract the urinary sphincter as if stopping wind or interrupting urine flow (keep buttocks and abdomen relaxed, breathe normally) for 5–8 seconds, followed by 10 seconds of full relaxation. Always use **the Knack**: squeeze half a second before coughing, standing up or lifting.

Day	Morning (10 reps)	Midday (10 reps)	Evening (10 reps)	Used "the Knack" on effort	Pads used today
Monday	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	_____
Tuesday	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	_____
Wednesday	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	_____
Thursday	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	_____
Friday	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	_____
Saturday	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	_____
Sunday	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	_____

Postoperative safety rule: Never perform pelvic floor exercises while a urinary catheter is in place; begin only after catheter removal when cleared by your urologist or pelvic floor physiotherapist. Overtraining without rest fatigues the sphincter and worsens evening leakage.