

Bladder diary

On the next page of this leaflet, you will find a bladder diary. Keeping a bladder diary helps us to make an assessment of how your bladder is working and gives us an idea of the amount you drink, the amount of urine your bladder can hold, and how often you pass urine.

How to complete your bladder diary

Fill in the bladder diary as carefully as possible for two days in the week.

- For each day, record what and how much you drink (in millilitres) and when you drink it. **& type of drink**
- Use a jug to measure the amount of urine you pass. Record the amount on the chart.
- If you leak urine, tick the column marked 'wet'.

Every time you pass urine, please put a letter on the chart from the list below that describes how urgently you had to get to the toilet.

- A** I felt no need to empty my bladder, but did so for other reasons.
- B** I could postpone voiding (emptying my bladder) as long as necessary without fear of wetting myself.
- C** I could postpone voiding for a short while, without fear of wetting myself.
- D** I could not postpone voiding, but had to rush to the toilet in order not to wet myself.
- E** I leaked before arriving to the toilet.

Below is an example of how to complete the bladder diary.

Time	In	Out	Wet	Urgency
7am		300ml		D
8am	Tea – 1 cup			
9am		200ml		B
10am				
11am	Water – 1 cup			
12 noon		50ml	✓	E
1pm				

Day 1 date

Time	In	Out	Wet	Urgency
7am				
8am				
9am				
10am				
11am				
12 noon				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12 midnight				
1am				
2am				
3am				
4am				
5am				
6am				

Day 2 date

Time	In	Out	Wet	Urgency
7am				
8am				
9am				
10am				
11am				
12 noon				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12 midnight				
1am				
2am				
3am				
4am				
5am				
6am				

Day 3 date

Time	In	Out	Wet	Urgency
7am				
8am				
9am				
10am				
11am				
12 noon				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12 midnight				
1am				
2am				
3am				
4am				
5am				
6am				

Indicate with an arrow → next to the time you do to bed