

# BLADDER DIARY

Name: \_\_\_\_\_

It is important to keep a daily record of what your bladder is doing in order to determine what it is capable of at present and to monitor its improvement.

## HOW TO FILL IN YOUR BLADDER DIARY

- Try to complete your diary for at least 1 full day, preferably 3 days in a row.
- Record your input and output over a 24 hour period.
- Record each time you have a drink including what you drink and how much.
- Record each time you pass urine and the amount. The best way to measure your urine is to use a litre measuring jug. Use the toilet as normal but pass urine into the jug. Note the amount then tip out and rinse ready for the next time.
- Rate how strong your urge to pass urine was from 0-4

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0 = no sensation to pass urine	eg. could delay indefinitely
1 = sensation of some urine but no desire to pass it	eg. could delay an hour
2 = mild-moderate desire to pass urine	eg. could delay 30 minutes
3 = strong desire to void	eg. couldn't delay 15 minutes
4 = urgent desire to void	eg. unable to wait 5 minutes

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- Note what triggered your urgency (eg. running water, cold weather, etc.) in the comments column.
- Use the correct column to note times you leaked with activity or coughing, etc. and if you needed to change underwear and clothes. If you wear pads, record the time you changed them and if they were damp or wet.
- **Bring this bladder diary to your next clinic appointment.**

## BLADDER DIARY

Date: ...../...../.....

Time	Input what? (tea, coffee, etc.) and amount in mL	Output mL	Urge (0-4)	Leakage damp, wet, soaked	Comments

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