

Te Whatu Ora

[Health New Zealand](#)

Waitaha Canterbury

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 one full day, but preferably three days in a row. Use a new sheet for each day.
- 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, including the amount that you pass.
- The best way to measure your urine is to use a measuring jug. Use the toilet as normal but pass urine into the jug. Take note of the amount and then tip the urine out and rinse the jug ready for next time.
- Rate how strong your urge to pass urine was, from 0 to 4.

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

- Take note of what triggered your urgency in the Comments column (e.g. running water, cold weather).
- Use the Comments column to note times you leaked with activity or coughing etc, and if you needed to change underwear or pads.
- ***Please bring this bladder diary to your next clinic appointment.***

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