

Instructions for completing this bladder diary

NAME: _____

Please complete this 3-day bladder diary. Enter the following in each column against the time. You can change the specified times if you need to. In the time column, please write **BED** when you went to bed and **WOKE** when you woke up.

Here is an example of how to complete the diary:



Drinks

Write the amount you had to drink and the type of drink.



Urine output

Enter the amount of urine you passed in millilitres (mL) in the urine output column, day and night. Any measuring jug will do. If you passed urine but couldn't measure it, put a tick in this column. If you leaked urine at any time write **LEAK** here.



Bladder sensation

Write a description of how your bladder felt when you went to the toilet. Please refer to the codes on the reverse side.



Pads

If you put on or change a pad put a tick in the pads column.

Time	Drinks		Urine output (mL)	Bladder sensation	Pads
	Amount	Type			
6am <i>WOKE</i>			<i>300 mL</i>	<i>2</i>	
7am	<i>300 mL</i>	<i>tea</i>			
8am			✓	<i>2</i>	
9am					
10am	<i>cup</i>	<i>water</i>	<i>LEAK</i>	<i>3</i>	✓
11am					