

3 Day Bladder Diary

Name: _____ D.O.B: _____

What is a Bladder Diary?

A Bladder Diary is an assessment tool used by you and your doctor to better understand your bladder health and symptoms.

Giving your doctor insight into your daily bladder habits and how they may be affecting your life.

It helps you track a number of things, when and how much fluid you drink, when and how much urine you pass, how often you experience urgency, and when and how much urine you may leak.

Instructions:

This Bladder Diary is to be completed 3 consecutive days prior to your appointment.

Please record the following details every time you pass urine.

- Date and time
- Fluid intake and type e.g., 250ml decaf tea
- Amount of Urine passed - ml or cups
(The easiest way to do this is to urinate directly into a measuring jug. You can buy a measuring jug from your local supermarket.)
- If you experienced any leakage if so, how much e.g., a few small drops
- If you experienced urgency (a sudden urge to urinate that's difficult to control)
- What you were doing when you felt the need to urinate e.g., in the shower etc.

Example of a Bladder Diary entry:

DATE/TIME	LIQUID INTAKE (ML AND TYPE)	VOLUME OF URINE (ML)	LEAKS	DID YOU FEEL A STRONG URGE TO GO? YES/NO	WHAT WERE YOU DOING AT THE TIME? SNEEZING, EXERCISING.
15/10 7:00am	200ml Tea	300ml	Small drop	Yes	On the way to the toilet

