

Bladder Diary Instructions:

A bladder diary helps show your bladder pattern of urinating. It is very important that you complete it accurately.

One fully completed **24 hour** diary is a suitable minimum. On the chart you need to record:

During the day

Enter the time, amount and type/kind of all drinks you have during the day, e.g.

7:00 am – two cups of tea or coffee (total 500mL).

The time you pass your urine, e.g. **6.30 am**. Do this every time throughout the day and night.

Each time you pass urine, collect the urine in a measuring jug and record the amount (in ml or cups) next to the time.

To do this easily, place a large plastic container in the toilet bowl to catch the urine. When finished, the urine can then be poured into a measuring jug and the amount measured. This will allow you to sit or stand comfortably and naturally to pass urine.

DATE/TIME	LIQUID INTAKE (ML AND TYPE)	LIQUID INTAKE (ML AND TYPE)	LEAKS	DID YOU FEEL A STRONG URGE TO GO? YES/NO	WHAT WERE YOU DOING AT THE TIME? SNEEZING, EXERCISING.
0700	250ml Decaff Tea	300ml	Small Drop	Yes	On way to toilet

