**Bladder diary**

Your doctor has asked you to complete a three-day bladder diary. An accurate diary will help your doctor assess the nature of your urinary symptoms and advise you on treatment options.

**How to complete your bladder diary**

Fill in the bladder diary as carefully as possible for three days in the week. It is best to pick days when you will be mostly at home.

* For each day record what and how much you drink (in mls or cups), and when you drink it.
* Use a jug to measure the amount of urine you pass. Record the amount on the chart.
* Please document if any leakage occurs
  + + few drops ++underwear damp +++large leaks
* Document any urgency symptoms
  + + sensation present to empty bladder ++needing to rush to toilet +++unable to get to toilet in time

Below is an example of how to complete the bladder diary:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Input | Output | Leakage | Urgency |
| 0800 | Tea-150ml | 200ml | ++ | ++ |
| 0900 |  | 50ml |  | + |
| 1000 | Water-100ml |  |  |  |
| 1100 |  | 100ml | + |  |
| 1200 | Coffee-150ml | 50ml |  | ++ |



**Day one**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Input | Output | Leakage | Urgency |
| 0700 |  |  |  |  |
| 0800 |  |  |  |  |
| 0900 |  |  |  |  |
| 1000 |  |  |  |  |
| 1100 |  |  |  |  |
| 1200 |  |  |  |  |
| 1300 |  |  |  |  |
| 1400 |  |  |  |  |
| 1500 |  |  |  |  |
| 1600 |  |  |  |  |
| 1700 |  |  |  |  |
| 1800 |  |  |  |  |
| 1900 |  |  |  |  |
| 2000 |  |  |  |  |
| 2100 |  |  |  |  |
| 2200 |  |  |  |  |
| Number of voids overnight: |  |  |  |  |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day two** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Input | Output | Leakage | Urgency |
| 0700 |  |  |  |  |
| 0800 |  |  |  |  |
| 0900 |  |  |  |  |
| 1000 |  |  |  |  |
| 1100 |  |  |  |  |
| 1200 |  |  |  |  |
| 1300 |  |  |  |  |
| 1400 |  |  |  |  |
| 1500 |  |  |  |  |
| 1600 |  |  |  |  |
| 1700 |  |  |  |  |
| 1800 |  |  |  |  |
| 1900 |  |  |  |  |
| 2000 |  |  |  |  |
| 2100 |  |  |  |  |
| 2200 |  |  |  |  |
| Number of voids overnight |  |  |  |  |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |

**Day three**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time | Input | Output | Leakage | Urgency |
| 0700 |  |  |  |  |
| 0800 |  |  |  |  |
| 0900 |  |  |  |  |
| 1000 |  |  |  |  |
| 1100 |  |  |  |  |
| 1200 |  |  |  |  |
| 1300 |  |  |  |  |
| 1400 |  |  |  |  |
| 1500 |  |  |  |  |
| 1600 |  |  |  |  |
| 1700 |  |  |  |  |
| 1800 |  |  |  |  |
| 1900 |  |  |  |  |
| 2000 |  |  |  |  |
| 2100 |  |  |  |  |
| 2200 |  |  |  |  |
| Number of voids overnight |  |  |  |  |