

# Bladder Diary

## 3- DAY RECORD

This diary helps me understand your bladder habits, fluid intake, and any leakage episodes. Accurate information helps me tailor the right treatment for you.



Name: \_\_\_\_\_

### HOW TO COMPLETE YOUR DIARY

Please complete this diary for at least 3 days, they do not need to be consecutive, but they need to resemble a typical day, and have to include day and night time.



#### FLUID INTAKE

Record the time, type, and amount of everything you drink. Use mL or standard cup sizes.



#### URINE OUTPUT

Measure the amount of urine each time you pass urine using a measuring jug (mL). If you can't measure (for example when you are out), just put a ✓.



#### LEAKAGE

Write "LEAK" if you leak urine. Use the amount key to describe how much.



#### URGENCY

Rate how strong your urge to pass urine was using the 1-4 scale (see key opposite).



#### ACTIVITY

Note what you were doing when you passed urine or leaked (e.g. walking, coughing, arrived home, gym, gardening, etc.)



#### NOTES

Add anything important - pain, unusual symptoms, location or other comments



#### SLEEP TIMES

Write "WOKE" when you get up for the day and "BED" when you go to sleep at night.

#### URGENCY SCALE (1-4)

- 1 Normal desire to pass urine, no hurry
- 2 Strong urge, but could delay
- 3 Urgent - I needed to get to the toilet quickly
- 4 Urgent and leaked on the way to the toilet

#### LEAKAGE AMOUNT

- Spot** A few drops
- Small** A small splash
- Medium** More than a splash
- Large** A full wetting

TIME	FLUID INTAKE Type & mL	URINE OUTPUT ml & ✓	LEAK Y/N & Amount	PAD change? Y/N	URGEN- CY scale	NOTES Activity/context	
06:30		300ml	N	N	3	WOKE	
07:00	water	250	N	N			
08:30	Coffee	200	N	N			
08:45		150ml	Large	Y	4		
10:00			Spot	Y		Jogging	
10:30	Juice	200	N	N			
10:45			Small			Coughing spell	
12:00	Water	250	N	N			
13:30		✓	N	N	2	At shops	
14:15		150ml	large	Y	4	Arrived home	
15:00		200ml	N	Y	3		
16:00	Coffee	200	N	N			
17:00	Water	300	N	N			
17:15		150ml					
21:00	Tea	250	200ml	N	N	1	BED
00:00		200ml	Medium	Y	4		
02:00		100ml	N	N	3		
04:00		150ml	N	N	3		
06:30						WOKE	
07:30	Coffee	200					
07:45			Small	Y		During inter- course	







