

Instructions

The following bladder diary records your bladder symptoms over a 48-hour period. This allows your care provider to gain an understanding of how your bladder symptoms fluctuate over this time and what may influence them.

1. Choose a time when it is convenient to record all your bladder volumes and fluid intake over a 48-hour period.
2. Each time you open your bladder or consume fluids note down the following things.

Bladder:

- **Time:** e.g., 8:45am
- **Interval:** how long it has been since you last went e.g., 1 hour 45 minutes
- **Urge:** How strong your urge was to pass urine (void)
 - 0 = no sensation to void – went “just in case”
 - 1 = Sensation of some urine, so could void if asked - but could hold for over 1 hour
 - 2 = Mild-Moderate sensation to void - could delay for 30 minutes
 - 3 = Strong desire to void – could delay for ~ 15 minutes
 - 4 = Urgent need to void – unable to delay for 5 minutes
- **Volume:** how much wee did you pass? E.g., 400ml
**NOTE: if you opened your bowels, instead of recording the volume of urine record B/O (Bowels opened)
- **Leakage:** Did you leak on the way to the toilet? (Yes/No)
 - **Small amount** – e.g., a teaspoon
 - **Medium amount** – e.g., ¼ cup
 - **Large amount** – e.g., enough to change pants/undies

Fluid:

- **Time:** e.g., 8:45am
- **Type:** e.g., water/coffee
- **Amount:** e.g., 1 cup or 250ml

Example:

Bladder Output					Fluid Intake		
Time	Interval	Urgency	Urine volume	Leakage	Time	Type	Amount
7am	6.5 hours	3	500ml	Y - Small	7:30am	Coffee	250ml

Bladder Diary

Day 1

Bladder Output					Fluid Intake		
Time	Interval	Urgency	Urine volume	Leakage	Time	Type	Amount

Day 2

Bladder Output					Fluid Intake		
Time	Interval	Urgency	Urine volume	Leakage	Time	Type	Amount