

Day: _____ Date: _____

Time	Drink	Urine passed	Urge	Leak	Activity	Change

Bladder Diary

Completing this bladder diary will help us to assess your bladder problem and suggest the best treatment. The more accurately you fill it out the more help it will be in choosing the best treatment.

Instructions:

- Put the **day** and **date** at the top of each new page.
- Each time you drink anything, go to the toilet, or leak urine enter the **time**.
- Each time you drink anything record the **amount, and type of drink**, e.g. 100mL, water.
- Each time you go to the toilet **measure how much urine you pass**. Any measuring jug will do. If you cannot measure the amount because it is inconvenient (e.g. you are out visiting) just record the time.
- Also note whether the feeling was **urgent** (e.g. you felt you had to go RIGHT THEN and couldn't wait).
- If you had any **urine leakage** note the time and put a Y (for yes) in the leakage column. Put down what you were doing when the leak happened (e.g. gardening).
- Put a tick (√) in the last column if you had to change your pad or pants.

This is an example of how the chart should be filled out.

Day: Wednesday		Date: 12 May				
Time	Drink	Urine passed	Urge	Leak	Activity	Change
6 am		300mL	Y	Y	Getting out of bed	√
7am	Tea, 150mL					
7.15am		50mL	Y			
8.10am		75mL				
9.10am	Coffee, 150mL					

