Bladder Diary

A bladder diary is a 24-hour recording of your liquid intake and urine output. The information recorded can help us understand your fluid balance, urinary frequency, functional bladder capacity (how much your bladder holds in your own environment) and many other aspects important to bladder function.

How to complete your bladder diary

Please fill out as carefully as possible in a 24 hour period for 3 consecutive days.

For each day (24 hour period) please record what you drink, the amount you drink and time you drink in mls.

For example:

- A mug holds 200mls
- A cup holds 150mls

Use a jug to measure the amount of urine in mls you pass each time and record this on the chart provided.

Please tick the columns to indicate leakage with urgency and activity- 1 tick for small, 2 ticks for medium and 3 ticks for large.

Bladder Diary Day 1

Time	Type of Drink	Amount- mls	Amount of Urine passed- mls	How Urgent 0-3 3 = most urgent	Leakage With urgency	Leakage with activity	Pad Change ✓
6 am							
7am							
8am							
9am							
10am							
11am							
Midday							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							
1am							
2am							
3am							
4am							
5am							

Bladder Diary Day 2

Time	Type of Drink	Amount- mls	Amount of Urine passed- mls	How Urgent 0-3 3 = most urgent	Leakage With urgency	Leakage with activity	Pad Change ✓
6 am							
7am							
8am							
9am							
10am							
11am							
Midday							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							
1am							
2am							
3am							
4am							
5am							

Bladder Diary Day 3

Time	Type of Drink	Amount- mls	Amount of Urine passed- mls	How Urgent 0-3 3 = most urgent	Leakage With urgency	Leakage with activity	Pad Change ✓
6 am							
7am							
8am							
9am							
10am							
11am							
Midday							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							
1am							
2am							
3am							
4am							
5am							