

Name:

**BLADDER DIARY**

72 hours of information ideal.

Date Commenced:

Minimum needed is 24 hours

Urine passed		Amount of urine passed	Urgency?	Leakage?	Comments?	Drinks		
Date	Time					Time	Amt	Type

Name:

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**INSTRUCTIONS TO COMPLETE A BLADDER DIARY**

1. When you get out of bed in the morning, note time on your diary
2. A cup is about 250mls
3. Amount of urine can be "small", "medium" or "large". You can also buy a measuring jug with a collector for the toilet if needed, but this will be discussed at consultation if it is necessary.
4. Rate urgency as:
  - 0 Not urgent
  - x I had to go within 10 minutes
  - xx I had to stop what I was doing and go to the toilet
5. If you have to change a pad/leak/change clothes, note this in "comments"
6. Record a bowel movement in "comments"
7. Write down time you went to bed