

Bladder Diary

It is helpful as part of your assessment to complete a Bladder Diary which records how much and what you are drinking plus how often you are passing urine and the volumes. It will help me to get a better understanding of how your bladder behaves.

Please record volumes in mls and complete for 3 days if possible.

Add a * where you felt a strong urge to pass urine or experienced leakage.

| DAY 1 | | | DAY 2 | | DAY 3 | |
|-------|---------------|---------------|---------------|---------------|---------------|---------------|
| Time | <i>Intake</i> | <i>Output</i> | <i>Intake</i> | <i>Output</i> | <i>Intake</i> | <i>Output</i> |
| 6am | | | | | | |
| 7am | | | | | | |
| 8am | | | | | | |
| 9am | | | | | | |
| 10am | | | | | | |
| 11am | | | | | | |
| 12md | | | | | | |
| 1pm | | | | | | |
| 2pm | | | | | | |
| 3pm | | | | | | |
| 4pm | | | | | | |
| 5pm | | | | | | |
| 6pm | | | | | | |
| 7pm | | | | | | |
| 8pm | | | | | | |
| 9pm | | | | | | |
| 10pm | | | | | | |
| 11pm | | | | | | |
| 12mn | | | | | | |
| 1am | | | | | | |
| 2am | | | | | | |
| 3am | | | | | | |
| 4am | | | | | | |
| 5am | | | | | | |