

Bladder Diary: Part 1

Please complete this confidential chart as accurately as possible for any 2 consecutive days before your appointment. Bring the completed chart to your appointment.

Below is an example on how to fill in your chart.

1 Measure and record the cups, glasses or bottles you drink from so that you can record this amount without measuring every time. If you do not drink a full amount you will be able to guess this without measuring once you know how much the cup, glass or bottle holds.

ie. 1 cup = 250mls 1/2 cup = 125mls

2 You will need a measuring jug that measures in millilitres and capable of holding 1 litre to record all urine passed and an old plastic container for the base of the toilet bowl to catch all urine passed.

3 Then use the jug to measure your urine - record the time and measure the volume passed for ALL toilet visits.






4 If you have wetness/leaks, record the time and letter "W" and what you were doing when this occurred.

5 Measure and record all overnight drinks, urine passed as separate amounts.

6 If you have a wet bed write the time and insert a *

7 Finish each full day when you have written in overnight drinks and urine passed overnight.

8 Start the next day charting each morning when you get out of bed to start your day.

				
Time	Drinks (mls)	Urine (mls)	Leaks "W"	Wet Bed *
6am		400	W getting up from bed	
8am	250			
9am		150		
10.30am	200		W coughs	
12 lunch	300	80		
1pm		100		
4pm	150	50		
7pm	250	300	W going to the toilet	
7.30pm		100		
10pm	250	100		
Overnight				
1am	250	100		
3am		400	W getting up from bed	*
5am		300		
Finish				