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38 Myers St, Bendigo 3550 T: 03 5441 3130 F: 03 5441 8642 E: reception@goldfieldsurolcgy.com.au ABN 47 804 526 580

BLADDER DIARY

PATIENT NAME: DOB:

Instructions for completion of bladder diary

- Please complete diary over a 48 hour period (this can be two separate 24 hour periods)
- Drink and go to the toilet as you normally would
- Each time you drink, record the time, amount and type of fluid
- Each time you pass urine, record the time and amount of fluid

Please note that an average cup of tea or coffee is around 200ml and an average glass of water is around 250ml.

Example of recording

DATE	TIME	FLUID INTAKE (TYPE/WHERE)	URINE OUTPUT	COMMENT
25/05/11	6.45am	Water – 150ml		Pad change damp/wet/soaked
	7.00am		220ml	
	7.30am	Tea – 200ml		
	8.00am		180ml	Urgency, leaked on the way to the toilet
	10.00am	Coffee – 200ml		
	11.30am			Small leak, walking
	10.00pm		110ml	Just before bed

DATE	TIME	FLUID INTAKE (TYPE/WHERE)	URINE OUTPUT	COMMENT



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