## 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 200 ml and an average glass of water is around 250 ml .

Example of recording

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


| DATE | TIME | FLUID INTAKE <br> (TYPE/WHERE) | URINE <br> OUTPUT | COMMENT |
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