Name:	DO	B:	_ Date:
Time woke up: _	Time went to	o bed:	

	Fluid intake	;	Voiding (urination)									
Time	Type of fluid	Volume (mls)	Time	Volume of urine (mls)	Any urge 0/+/++	Leak sa/ma/ la	Comments					



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Bladder diary instructions

For 3 days (either consecutive or non-consecutive), record over 24 hours each day the amount you drink in mls and the amount you void (urinate) in mls, as well as any leaks or urgency symptoms.

It is easier to choose days which are convenient for you — where you may be home most of the day.

You can get a cheap measuring jug to help catch your urine and measure the volume in mls.

Note also the times that you wake up and go to sleep.

Fluid intake history

Note the times that you drink any fluid.

Note the type of fluid: water, tea, coffee juice, milk (including over cereal), alcohol etc.

Note the amount of fluid measured in mls.

Voiding (urination) history

Note the times that you void Note the volume in mls that you void Note URGE symptoms:

0: not urgent

+: had to go within 10 min

++: had to stop what I was doing and go to the toilet

If you have any leaks or accidents – note the approximate amount:

sa = small amount (few drops, 20c piece)

ma = moderate amount (underpants or pads quite wet)

la = large amount (pad soaked/enough to wet outer clothes if not wearing a pad)

Also note any associated symptoms or activity – eg – sneezed/coughed/jumped/doing exercise, or "opening the door and turning the key", or "tap was turned on" etc.

EXAMPLE:

	Fluid intake	2	Voiding (urination)							
Time	Type of fluid	Vol (mls)	Time	Volume of urine (mls)	Any urge 0/+/++	Leak sa/ma/ la	Comments			
0800	Coffee	250mls								
			0845	350mls	+					
			1000			ma	Turning on tap			

Name:	: voke up:		Tir	DO ne went t			Date:	Name Time v	: woke up:		Tir	DO ne went t			Date:
Fluid intake Voiding (urination)						Fluid intake Voiding (urination)									
Time	Type of fluid	Volume (mls)	Time	Volume of urine (mls)	Any urge 0/+/++	Leak sa/ma/ la	Comments	Time	Type of fluid	Volume (mls)	Time	Volume of urine (mls)	Any urge 0/+/++	Leak sa/ma/ la	Comments

	Fluid intake Voiding (urination)					Fluid intake	Voiding (urination)									
Time	Type of fluid	Volume (mls)	Time	Volume of urine (mls)	Any urge 0/+/++	Leak sa/ma/ la	Comments		Time	Type of fluid	Volume (mls)	Time	Volume of urine (mls)	Any urge 0/+/++	Leak sa/ma/ la	Comments
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