

# Bladder Diary

## A Guide for Women

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### What is a bladder diary?

A bladder diary is a simple chart which allows you to record the fluid you drink and the urine you pass during the day and night, as well as document if you have urgency (a sudden and intense need to pass urine that cannot be put off) and/or accidental urine leakages. A bladder diary can provide valuable information for the healthcare professional treating your bladder problem and help monitor the effects of treatment.

### How many days does it take to complete the diary?

The chart should be completed over 3 days (not necessarily consecutive) prior to your clinic appointment. Some people find it easiest to complete the diary over a weekend period.

### What do I need to fill in the chart?

You will need a measuring jug to measure the urine you pass. This should be measured (calibrated) in milliliters (mls) and should hold at least 500mls. You should also measure your drinks. Figure 1 shows the average volume of some common fluid containers.

Figure 1



### How do I fill in the diary?

- *Drinks.* Every time you have a drink, record the time, the type of drink (for example tea, coffee, etc.) and how much (in mls).
- *Urine.* Each time you pass urine, urinate into your jug so you can measure the amount in mls. Record the time, as well as a rating of how urgently you needed to urinate using the following scale:
  - 0 = No urgency
  - 1 = You felt an urgency to urinate, but you could easily tolerate it
  - 3 = You needed to urinate very urgently, which caused you discomfort and abruptly stopped you from doing an everyday activity
- *Leakage.* If you had an accidental urine leak before you could get to the toilet, indicate “yes” in the appropriate column. If you leaked urine on coughing, laughing, sneezing, or activities (running, exercise, etc.), place a star and note the activity. If you needed to change your pad, mark a “P” in the appropriate column, as shown in the sample diary.

Please see the following pages for a sample diary and blank diaries you can complete yourself. Additional blank diaries may be downloaded and printed at [www.yourpelvicfloor.org/media/Bladder\\_Diary\\_Chart.pdf](http://www.yourpelvicfloor.org/media/Bladder_Diary_Chart.pdf).

For more information, visit [www.YourPelvicFloor.org](http://www.YourPelvicFloor.org).

**Sample Diary**

Below is an example of a completed diary.

<b>Date</b>	<b>Drink</b>		<b>Urine</b>		<b>Leakage</b>		
Time	Type	How much (mls)	Volume of Urine (mls)	How Urgent 0-3 3= most urgent	Leakage with Urgency	Leakage with activites	Pad change
0200			150mls		Y		
0700	Mug coffee	250mls	250mls				
0800			60mls			cough	P
0900	Cup orange juice	200mls				sneeze	
1000			100mls				
1200	2 mugs coffee	500mls					
1400			300mls		Y		
1530	Cup of tea	200mls				jogging	P
1600			100mls				
1800	Cup of tea	200mls					
1900			100mls		Y		
2000	Glass of beer	200mls	20mls				
2030	Glass of wine	50mls				cough	
2200							P
2300			150mls				

