bladder diary.

Date					Day 1			
	Å				water	NO		u] - \w
Time Use the approximate time slots allocated.	Drinks What type of drink did you consume and how much?		Urine Did you pass a small (<100ml), moderate (<250ml) or large (<400 ml) amount?		Leaks Do you feel damp (D), wet (W) or soaked (S)?	Urges Did you feel a strong urge to pass urine? Yes / No	Clothing or pad Did you need to change your pad or clothing? Yes / No	Activity What were you doing at the time?
	Туре	Quantity	Frequency	Quantity				
Example 2pm - 4pm	Orange juice	1 glass	~	small	N/A	Yes	No	Hydrating after a walk
Example 6pm - 8pm	Coke zero	1/2 pint	~	large	D	Yes	Yes	Dinner with friends
12am - 2am								
2am - 4am								
4am - 6am								
6am - 8am								
8am - 10am								
10am - 12pm								
12pm - 2pm								
2pm - 4pm								
4pm - 6pm								
6pm - 8pm								
8pm - 10pm								
10pm - 12am								

What is a bladder diary? A bladder diary is a simple to record the fluid you dr

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 and/or accidental urine leakages.

How can a diary help?

It help you monitor your progress when starting treatment and gives you information for your GP if needed

How to use it?

Complete it over 3 days (not necessarily consecutive) prior to your clinic appointment

1)	a	г	ρ
	ы	L	0

Day 2



	Туре	Quantity	Frequency	Quantity		
12am - 2am						
2am - 4am						
4am - 6am						
6am-8am						
8am - 10am						
10am - 12pm						
12pm - 2pm						
2pm - 4pm						
4pm - 6pm						
6pm-8pm						
8pm - 10pm						
10pm - 12am						

1)	a	г	ρ
	ы	L	0

Day 2



	Туре	Quantity	Frequency	Quantity		
12am - 2am						
2am - 4am						
4am - 6am						
6am-8am						
8am - 10am						
10am - 12pm						
12pm - 2pm						
2pm - 4pm						
4pm - 6pm						
6pm-8pm						
8pm - 10pm						
10pm - 12am						