

Bladder Diary

A bladder diary records your trips to the toilet to pass urine (wee), the amount passed, any wetness or leakage, and what you drink, how much and when. Keep it for at least 3 days and take it to your healthcare professional appointment.

What to record

- When you go to bed and when you get up in the morning
- Every toilet visit to pass urine, day and night
- The amount passed – keep a measuring jug by the toilet
- If you couldn't measure (eg at work), put a tick in the Out column
- All drinks: when, what and how much, (eg 8am, water, small glass 100ml,)
- Any leaks, pad changes, and what you were doing, for example, coughing, sneezing, exercise

How to score

Wetting

Write damp, wet or soaking, and note if you changed your pad.

Urgency

- 1** Could hold on for a short time without worry
- 2** Had to rush to the toilet or would have leaked
- 3** Leaked or were wet before reaching the toilet

Tip: measure your usual mug or glass once, so you don't need to measure every drink.

Example

Time	In (Drinks)	Out (Wee)	Wetting	Urgency	Notes
6 am		350ml	Wet	3	Got up, changed pad
7 am	Coffee 300ml				
7.45 am		80ml		1	
8.30 am	Coffee 300ml Water 100ml				Water for tablets
10 am		50ml		2	Going out, tried to have a wee first
2.30 pm		100ml	Damp	3	In garden

Bladder diary

Day 1

Time I went to bed: _____

Time I got up: _____

[illegible]

Bladder diary

Day 2

Time I went to bed: _____

Time I got up: _____

[illegible]

Bladder diary

Day 3

Time I went to bed: _____

Time I got up: _____

[illegible]