

Bladder Diary

IMPORTANT – PLEASE READ INSTRUCTIONS CAREFULLY

It is very important that you fill in the chart overleaf as accurately as possible over a 3 day period prior to attending your test.

It is designed to help us take a closer look at your fluid intake and output, and leakage if any. It also helps us to plan the right treatment for you.

For each day, record *how much* (mls. if possible) and *what time* you drink and write it down in the **IN** column.

When you go the toilet, measure the urine you pass using a jug (mls. if possible) and write it down in the **OUT** column.

If you leak urine, put an X, yes or √ in the **WET** column. If you experience urgency i.e a sudden desire to pass urine that is difficult to defer please score 0, 1, 2, 3 or 4 according to the urge score that is described on the next page. Then according to how severe your urgency was please enter the appropriate number in the **URGE SCORE** column.

FOR EXAMPLE:

TIME	DAY 1			
	IN	OUT	WET	URGE SCORE
07: 10 am		140 mls		
08: 30 am	250 mls			
10: 40 am		90	yes	
12: 00 noon		150		2
12:45 pm	200 mls			
02: 00 pm		60		0

This means that you passed 140 mls at 07:10 am and had 250 mls of a drink (maybe a cup of tea with breakfast). At 10:40 you leaked urine and passed 90 mls. At 12:00 noon you had 'moderate urgency' with a score of 2 which according to the urgency score means 'you could postpone voiding for a short while without fear of wetting yourself'.

Please write the time you got up and time you went to bed at the top and bottom of the chart for each day. This allows us to see the difference between what is happening during the day and during the night.

