

Bladder Diary Instructions

What is a Bladder Diary?

A bladder diary is a tool used by you and your healthcare professional to better understand your bladder function and symptoms.

It helps you track and know how much and when you drink liquids, how much and when you urinate, when you have that “gotta go” feeling, and how much and when you leak urine.

When is a Bladder Diary used?

You can use a Bladder Diary before or after visiting with your healthcare professional. You need to fill out the chart for two normal days (day and night) prior to your review appointment. You should try to make these days consecutive and you must make sure you record for the full 24 hours of each one of the 2 days. You should purchase a 500ml plastic jug for measuring your urine output.

How to complete the diary:

1. Begin your diary when you wake up each day. Take notes throughout the day and continue until you complete 24 hours. For example, if you wake up at 7 a.m. on the first day of your diary, take notes until 7 a.m. the next day. You should drink and go to the toilet as you normally would.
2. During the day, write down how much liquid you drink. Each time you drink you need to record the time, plus the amount and type of fluid you have drunk
3. Take note of how much urine you make during the day. Each time you pass urine you need to measure the amount then record this amount, along with the time on your chart.
4. You will also need to record any leakage or pad use in the comments column. You can record your leakage with (L) large, (M) for moderate or (S) small leakage.
5. Don't forget to bring your completed diary with you to your first office visit.

You have been provided with a chart attached to this page that you can use to start filling out your diary. If you run out of space, you can draw up a similar chart to use.

If you have any questions or concerns in regards to filling out the diary, please contact our Urology Nurse Specialist for assistance.

DATE	TIME	TYPE OF FLUID	FLUID INTAKE	URINE OUTPUT	COMMENTS

TOTALS

.....MlsMls

GEELONG
UROLOGY

Fluid Intake

Urine Output