

## BLADDER DIARY

Bladder diaries are a record of what a usual day is like for you. It provides your doctor with information to assist with the diagnosis of urinary symptoms and how best to manage them going forward.







Please fill in each section of the diary for 24 hours. There is an example of what this may look like below. You will need to complete two days of information prior to your next appointment.

Urine leaks: Damp (D) = A few drops, dampening your underwear.

Wet (W) = Wets your underwear and clothes.

Saturated (S) = Running down your legs.

### EXAMPLE BLADDER DIARY

						
TIME	DRINKS – WHAT AND HOW MUCH?		URINE – AMOUNT	LEAKS HOW MUCH D, W, S	DID YOU FEEL A STRONG URGE?	WHAT WERE YOU DOING?
	TYPE	VOLUME				
7.30AM	Water	250mls	300mls		No	
8.00 AM	Tea	250mls				
11.30AM			250mls	D	Yes	Lifting
01.00PM	Tea	250mls				
01.30PM			150mls		No	
03.30PM	OJ	300mls				
03.45PM			300mls	W	Yes	Laughing
05.00PM	Tea	250mls	250mls	D	No	Sneezed
07.00PM	Wine	150mls				
09.00PM	Milo	250mls				
09.30PM			300mls		Yes	
01.30AM			300mls	D	Yes	In Bed
06.00AM			150mls		Yes	



**For further information and contact details visit:**  
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