

Keeping a Bladder Diary



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WHY KEEP A BLADDER DIARY?

A bladder diary can help Dr Moore determine why you may be having trouble with urinary incontinence, or why you may need to go to the toilet frequently. It can also assist in monitoring the progress you are making with your treatment for bladder problems.

FLUID INTAKE

Start the record when you first go to the toilet after waking up. Each time you have a drink, record the time, type (e.g. coffee, water), and amount (in millilitres). Record the total fluid intake for each day.

URINE OUTPUT

Record the time you passed urine and the measured amount (e.g. by placing a container in the toilet then measuring with a measuring jug). Also record an estimation of the degree of urge you felt to pass urine (0 to 5; 0 = no urge, 5 = strong urge). If you leaked urine, estimate if it was a small or large amount, with a tick. Make any relevant comment, for example “strong urge”, “laughing”, “during sex”.

Day 1			Date: / /					
Fluid intake			Urine output					Comments
Time	Type	Amount (ml)	Time	Urge? 0-5	Amount (ml)	Leakage		
						Small	Large	
Total intake								

