

Bladder Diary

It is very important that you fill in this chart as accurately as possible over a fairly typical 3 day period. 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.

It is essential to bring it with you for the hospital appointment

Please record to the nearest hour the following:

“IN” column: The volume (in mls.) of what you drink.

Please use the following measures to help you estimate the volume of what you drink:

TEA CUP = 150 ml

MUG = 200 ml,

CAN = 330 ml



“OUT” column: The volume (in mls.) of urine you pass using a measuring jug which can hold a litre (1000 ml)



“Urge Score 1-3” column: To measure the severity of urgency i.e. sudden desire to pass urine.

Please Score **“1, 2 or 3”** according to the following:

1	Mild Urgency: I could postpone voiding for as long as necessary without fear of wetting myself
2	Moderate Urgency: I could postpone voiding for a short while without fear of wetting myself
3	Severe Urgency: I could not postpone voiding but had to rush to the toilet in order not to wet myself

“Wet: Urge” column: Please insert “√” if you had a sudden desire to pass urine (urgency) but you **leaked** before arriving at the toilet

“Wet: Stress” column: Please insert “√” if you **leak** urine on coughing, sneezing, exercising, running, walking or any other physical activity

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Time	Day 1					Day 2					Day 3				
	IN	OUT	Urge Score 1-3	Wet:		IN	OUT	Urge Score 1-3	Wet:		IN	OUT	Urge Score 1-3	Wet:	
				Urge	Stress				Urge	Stress				Urge	Stress
6-7 am															
7-8 am															
8-9 am															
9-10 am															
10-11 am															
11-12 midday															
12-1 pm															
1-2 pm															
2-3 pm															
3-4 pm															
4-5 pm															
5-6 pm															
6-7 pm															
7-8 pm															
8-9 pm															
9-10 pm															
10-11 pm															
11-12 midnight															
12-1 am															
1-2 am															
2-3 am															
3-4 am															
4-5 am															
5-6 am															
Total															
Time got up:															am
Time went to bed:															pm/am

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