



Bladder Diary: Instructions for Use

This diary will assist your gynaecologist in identifying your main bladder concerns.

To complete this diary, you have to be able to measure your fluid intake and your urine output (how much urine you have passed) **over three days**. You can add additional information, such as “changed pad” or “soaked through clothing” – anything you think may be useful for your gynaecologist to know. When you pass urine, state whether you had urgency (sudden desire to pass urine) – you can grade this from 0 (no urgency) to 4 (severe urgency)

Use the example below to guide you in completing the form. Be sure to bring the form when you next see your gynaecologist.

DAY 1 21/09/2015			
Time	Fluid in	Urine (toilet)	Leakage
04:00			
05:00			
06:00 <i>awake</i>		<i>350ml</i>	<i>Yes – small (3)</i>
07:00	<i>Coffee 300mls</i>		
08:00	<i>Glass of water with meds</i>		
09:00		<i>350ml</i>	<i>Yes – change pad (4)</i>
10:00	<i>Camomile tea 200mls</i>		
11:00			
12:00		<i>250ml</i>	<i>No – just in time (2)</i>
13:00	<i>Water 200mls</i>		
14:00			
15:00	<i>Coffee 250mls</i>	<i>300ml</i>	<i>Yes – small (2)</i>
16:00			
17:00			<i>Cross fit – soaked through pad(0)</i>
18:00	<i>Water 250mls</i>	<i>200ml</i>	<i>No (1)</i>
19:00			
20:00	<i>Small glass of wine</i>		
21:00			
22:00 <i>to bed</i>		<i>200ml</i>	<i>No (0)</i>
23:00			
00:00 <i>woke up</i>		<i>200ml</i>	<i>No – just in time (2)</i>
01:00			
02:00			
03:00 <i>woke up</i>		<i>200ml</i>	<i>No (2)</i>



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12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			
23:00			
00:00			
01:00			
02:00			
03:00			

This statement has been developed by the Urogynaecological Society of Australasia (UGSA).

Disclaimer: This information is intended to provide general advice to practitioners. This information should not be relied on as a substitute for proper assessment with respect to the particular circumstances of each case and the needs of any patient. This document reflects emerging clinical and scientific advances as of the date issued and is subject to change. The document has been prepared having regard to general circumstances.