

Three-day bladder diary

This leaflet is designed to give us an idea of your average fluid intake, urine output and any leakage over a period of three days.

If you have any further questions, please speak to a doctor or nurse caring for you.

How to complete your three-day bladder diary

It is very important that you fill in the chart overleaf and bring it with you to your next appointment.

The completed chart will provide us with information about your average fluid intake, urine output and any leakage over a period of three days, and will be of great assistance in assessing your condition. It will help with diagnosis so we can offer you the most appropriate treatment.

IN: Record how much you drink and when you drink it in the 'In' column. If you often drink from the same or similar sized cups, you only need to measure how much it holds once and then put that number down each time you drink from it. Please also note down what you had to drink.

OUT: When you go to the toilet, measure how much urine you pass. The easiest way to do this is to pass the urine directly into a measuring jug. You can buy a jug cheaply from a hardware store or supermarket. If possible, we would prefer you to measure your urine in millilitres (mls). Record this in the 'Out' column.

Every time you leak, put a cross in the 'Out' column.

When you go to bed, put a line on the chart next to the time, so we can tell how many times you have to get up to pass urine. Also put a line next to the time you get up for the day.

Please try to fill in two or three complete days and nights to give us enough information about your condition. Thanks you for your help.

Remember to bring this chart to your next appointment

Example diary:

Time	Date: <i>1st April 2016</i>	
Morning	In	Out
<i>7am</i>	<i>Tea 200mls</i>	<i>300mls</i>
<i>8am</i>		
<i>10am</i>	<i>Coffee 150mls</i>	<i>X</i>
<i>11am</i>		<i>150mls</i>

