**How to complete your bladder diary**

Fill in the bladder diary as carefully as possible for two days in the week.

* For each day record what and how much you drink (in mls or cups), and when you drink it.
* Use a jug to measure the amount of urine you pass. Record the amount on the chart.
* If you leak urine, tick the column marked ‘wet’.

Every time you pass urine, please put a letter on the chart from the list below that describes how urgently you had to get to the toilet:

**A.** I felt no need to empty my bladder, but did so for other reasons.

**B.** I could postpone voiding (emptying my bladder) as long as necessary without fear of wetting myself.

**C**. I could postpone voiding for a short while, without fear of wetting myself.

**D**. I could not postpone voiding, but had to rush to the toilet in order not to wet myself.

**E**. I leaked before arriving to the toilet. Below is an example of how to complete the bladder diary:

Example

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Time** | **In** | **Out** | **Wet?** | **Urgency** |
| 07.00 |  | 500mls |  | **C** |
| 08.00 | 200mls Tea |  |  |  |
| 09.00 |  |  |  |  |
| 10.00 | 200mls Coffee |  |  |  |
| 11.00 |  |  | YES |  |
| 12.00 |  | 300mls |  | D |
| 13.00 |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 1** | | | | |
| **Time** | **In** | **Out** | **Wet?** | **Urgency** |
| 07.00 |  |  |  |  |
| 08.00 |  |  |  |  |
| 09.00 |  |  |  |  |
| 10.00 |  |  |  |  |
| 11.00 |  |  |  |  |
| 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 |  |  |  |  |
| 04.00 |  |  |  |  |
| 05.00 |  |  |  |  |
| 06.00 |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 2** | | | | |
| **Time** | **In** | **Out** | **Wet?** | **Urgency** |
| 07.00 |  |  |  |  |
| 08.00 |  |  |  |  |
| 09.00 |  |  |  |  |
| 10.00 |  |  |  |  |
| 11.00 |  |  |  |  |
| 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 |  |  |  |  |
| 04.00 |  |  |  |  |
| 05.00 |  |  |  |  |
| 06.00 |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 3** | | | | |
| **Time** | **In** | **Out** | **Wet?** | **Urgency** |
| 07.00 |  |  |  |  |
| 08.00 |  |  |  |  |
| 09.00 |  |  |  |  |
| 10.00 |  |  |  |  |
| 11.00 |  |  |  |  |
| 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 |  |  |  |  |
| 04.00 |  |  |  |  |
| 05.00 |  |  |  |  |
| 06.00 |  |  |  |  |