Bladder diary

Instructions for completion

You can use this chart to keep track of how often you go to the toilet, what and how much you drink and its effect on your bladder. You can also note down any leaks and what you were doing at the time. This can help your doctor or nurse to diagnose your condition.

Include as much detail as you can, but it may not be practical to measure exact quantities every time you have a drink or empty your bladder.

There's also space to write down what caused the leak: laughing, lifting, sneezing, coughing, exercise or urgency (an urgent need to go).

	Date: Number of pads used: Wake up time: Bed time:				Date: Number of pads used: Wake up time: Bed time:				Date: Number of pads used: Wake up time: Bed time:				Date: Number of pads used: Wake up time: Bed time:				Date: Number of pads used: Wake up time: Bed time:			
Time	Drink and amount	Urine passed	Leak	Cause of leak	Drink and amount	Urine passed	Leak	Cause of leak	Drink and amount	Urine passed	Leak	Cause of leak	Drink and amount	Urine passed	Leak	Cause of leak	Drink and amount	Urine passed	Leak	Cause of leak
Example: 08:00–08:59	*Coffee 200ml*	*250ml*	✓	*Sneezed*	*Tea (mug)*	✓	✓	*Coughed*	*Orange juice*	*100ml*				✓	✓	*Urgency*	*Water (cup)*		✓	*Laughed*
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