



Bladder Diary

What Habits + Patterns Does Your Bladder Have?

What Is A Bladder Diary?

A bladder diary is a 24-hour recording of your liquid intake and urine output (your "ins" and "outs"). The information recorded can be helpful for understanding your fluid balance, urinary frequency, functional bladder capacity (how much your bladder holds in your own environment), and many other aspects important to bladder function.

When Is A Bladder Diary Used?

Your therapist, doctor or nurse may request that you complete a diary to evaluate urinary frequency, urgency, incontinence or pelvic floor health. A bladder diary can point to any dietary or behavioural factors that may be contributing to your symptoms.

Instructions:

1. Choose 2-3 days (for the entire 24 hours) to complete this record – they do not have to be in a row. Pick days that will be convenient for you to measure every void. Sometimes it's helpful to see a work day and a non-work day.
2. Begin recording when you wake up in the morning–continue for a full 24 hours.
3. Make a separate record for each time you void, leak, or have anything to drink.
4. Measure voids (volume using mL measurements). If you aren't at home and cannot measure, try counting how many seconds the void takes.
5. Measure fluid intake in ounces or mL.
6. When recording a leak – please indicate:
 - a. the volume using a scale of 1-3 *(1=drops/damp, 2=wet to soaked, 3=full bladder empty),
 - b. your activity during the leak (ex. cough, sneeze, laugh, etc.)
 - c. if you had an urge ("yes" or "no").
7. Be as accurate as possible! The diaries are most useful when every intake and output in the 24 hour period is recorded.

Example:

Time	Drinks		Trips to the bathroom How much urine?	Accidental Leaks How much? (1,2,3)	Did you feel a strong urge? (yes/no)	What were you doing at the time?
	What kind? How much?	How much?				
7:10am			300mL			
7:30am	Coffee	250ml				
8:30am				1	No	Coughing

