



BLADDER DIARY

Name:

NHS No:

Date:

This Bladder Diary is to help you and the Healthcare team identify the reasons of your bladder control trouble. Please complete the diary for 3 days.

In order to complete the below tables please:

- Tick in the boxes every time you pass urine. If you wish you can also measure the amount of urine that you pass in a jug and write it on the chart as seen in the example below.
- Tick or write in the box every time you have a drink and finally
- Tick if you leak urine before reaching the toilet or at any other time (for example if you cough or sneeze).
- Use the last page to mark down any question you have.

Day 1	Urine Passed	Drinks	Leaks/ Accidents	What were you doing at the time?
10:00 - 11:00	100mls	Tea 1 mug	Yes	Exercising

Day 1	Urine Passed	Drinks	Leaks/ Accidents	What were you doing at the time?
01:00 - 02:00				
02:00 - 03:00				
03:00 - 04:00				
04:00 - 05:00				
05:00 - 06:00				
06:00 - 07:00				
07:00 - 08:00				
08:00 - 09:00				
09:00 - 10:00				
10:00 - 11:00				
10:00 - 12:00				
Midday				
13:00 - 14:00				
14:00 - 15:00				
15:00 - 16:00				
16:00 - 17:00				
17:00 - 18:00				
18:00 - 19:00				
19:00 - 20:00				
20:00 - 21:00				
21:00 - 22:00				
22:00 - 23:00				
23:00 - 00:00				
Midnight				

Day 2	Urine Passed	Drinks	Leaks/ Accidents	What were you doing at the time?
01:00 - 02:00				
02:00 - 03:00				
03:00 - 04:00				
04:00 - 05:00				
05:00 - 06:00				
06:00 - 07:00				
07:00 - 08:00				
08:00 - 09:00				
09:00 - 10:00				
10:00 - 11:00				
10:00 - 12:00				
Midday				
13:00 - 14:00				
14:00 - 15:00				
15:00 - 16:00				
16:00 - 17:00				
17:00 - 18:00				
18:00 - 19:00				
19:00 - 20:00				
20:00 - 21:00				
21:00 - 22:00				
22:00 - 23:00				
23:00 - 00:00				
Midnight				

Day 3	Urine Passed	Drinks	Leaks/ Accidents	What were you doing at the time?
01:00 - 02:00				
02:00 - 03:00				
03:00 - 04:00				
04:00 - 05:00				
05:00 - 06:00				
06:00 - 07:00				
07:00 - 08:00				
08:00 - 09:00				
09:00 - 10:00				
10:00 - 11:00				
10:00 - 12:00				
Midday				
13:00 - 14:00				
14:00 - 15:00				
15:00 - 16:00				
16:00 - 17:00				
17:00 - 18:00				
18:00 - 19:00				
19:00 - 20:00				
20:00 - 21:00				
21:00 - 22:00				
22:00 - 23:00				
23:00 - 00:00				
Midnight				

Any Questions?
