

## THREE DAY BLADDER DIARY

*This diary will help Dr Singh figure out the causes of your bladder control issues and can be used to check your progress over time. Please bring this completed bladder diary to your next appointment or as advised by Dr Singh.*

### HOW TO FILL IN YOUR DIARY

*Please record your input (fluid intake) and output (from your bladder) **for a 3 full days** including both day-time and night time.*

#### Input – fluid:

Every time you have a drink, record:

- The **time**
- The **amount of fluid** in millilitres (mls)
- The **type** of fluid e.g. water, coffee, soup

#### Output (from your bladder):

Every time you pass urine, record:

- The **time**
- The **amount of urine** in millilitres (ml) which is measured by placing a container in the toilet and pouring your collected urine into a measuring jug.
- Any leakage by ticking (✓) **small** or **large**. Leave this section blank if there was no leakage.

#### Comments:

Write anything you think is relevant under **Comments**.

Such as:

- Why you went to the toilet e.g. 'Just in case', going to bed, urge to go, passing a bowel motion
- Reason for any urgency e.g. 'Key in door', washing dishes
- Reason for any urinary leakage e.g. urgency, cough

Day 1      Date:

[illegible]

## Day 2

Date:

[illegible]

### Day 3

Date:

[illegible]