# DR RUCHI SINGH MD MRCOG FRANZCOG CU

# UROGYNAECOLOGIST & PELVIC RECONSTRUCTIVE SURGEON

Email: admin@urogynae.com.au Web: www.urogynae.com.au

Phone: 03 9800 0069 Fax: 03 9800 0169

KNOX PRIVATE HOSPITAL FRANCES PERRY HOUSE ST JOHN OF GOD BERWICK MITCHAM PRIVATE HOSPITAL

# 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  $(\checkmark)$  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

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Name:	

Day 1

Date:

INPUT – Fluid Intake		OUTPUT					
Time	Amount of Fluid (mls)	Туре	Time	Amount of Urine Passed (mls)	Urine Leakage		Comments/Reasons for
					Small	Large	Urine Leakage
7:00am	250mls	Water	8:00am	300mls	Y		Sneezed
×							

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Day 2 Date:

INPUT – Fluid Intake			OUTPUT					
Time	Amount of Fluid (mls)	Type	Time	Amount of Urine Passed (mls)	Urine Leakage		Comments/Reasons for Urine Leakage	
					Small	Large		

Day 3 Date:

INPUT – Fluid Intake			OUTPUT					
Time	Amount of Fluid (mls)	Туре	Time	Amount of Urine Passed (mls)	Urine Leakage		Comments/Reasons for	
					Small	Large	Urine Leakage	
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