

3 Day Bladder Diary Day 1	Name: Start Date:
Please complete this diary for 3 days <u>before</u> your appointment with us.	

Fluid intake: Examples of fluid types are: tea, coffee, water, fruit juice, fizzy drinks

Urinary Output: Use a measuring jug to find out how much urine you passed in millilitres (mls) both during the day and at night

Leakage: Did urine leak onto your clothing, pad, pants or bed? (Answer Yes or No)

Urge: Did you feel that you needed to pass urine quickly? (Answer Yes or No)

An example has been provided on the first line.

[illegible]

3 Day Bladder Diary

Day 2

Name:

Fluid intake: Examples of fluid types are: tea, coffee, water, fruit juice, fizzy drinks

Approximate quantities: a small cup is 150 millilitres (mls); a mug is 300mls; small glass is 200mls; a large glass is 300mls

Urinary output: Use a measuring jug to find out how much urine you passed in millilitres (mls) both during the day and at night

Leakage: Did urine leak onto your clothing, pad, pants or bed? (Answer Yes or No)

Urge: Did you feel that you needed to pass urine quickly? (Answer Yes or No)

An example has been provided on the first line.

[illegible]

3 Day Bladder Diary

Day 3

Name:

Fluid intake: Examples of fluid types are: tea, coffee, water, fruit juice, fizzy drinks.

Approximate quantities: a small cup is 150 millilitres (mls); a mug is 300mls; small glass is 200mls; a large glass is 300mls

Urinary Output: Use a measuring jug to find out how much urine you passed in millilitres (mls) both during the day and at night

Leakage: Did urine leak onto your clothing, pad, pants or bed? (Answer Yes or No)

Urge: Did you feel that you needed to pass urine quickly? (Answer Yes or No)

An example has been provided on the first line.

[illegible]

Thank you for completing this diary. Please remember to bring it with you to your appointment.