

Urogynaecology 3 Day Bladder Diary

Name: _____
 Date of Birth: _____
 CHI no: _____
 Start Date: ____/____/____

Please complete this diary for 3 days before your appointment with us

Fluid intake: 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**

Leak: Did urine leak onto your clothing, pad, pants or bed (even a slight dribble)? (Put a cross if Yes)

An example has been provided below. **DAY 3 can be found on page 2**

	DAY 1				DAY 2			
	Fluid intake/Urinary Output (mls)				Fluid intake/Urinary Output (mls)			
Time	Drink	Amount	Output	Leak?	Drink	Amount	Output	Leak?
7am	Tea	200ml					500ml	
8am			300ml	X	Water	150ml		
6am								
7am								
8am								
9am								
10am								
11am								
12pm								
1pm								
2pm								
3pm								
4pm								
5pm								
6pm								
7pm								
8pm								
9pm								
10pm								
11pm								
12 am								
1am								
2am								
3am								
4am								
5am								
TOTALS								

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Date of Birth: _____

CHI no: _____

Start Date: ____/____/____

DAY 3				
Time	Fluid intake		Urinary output	Leak?
	Drink	Amount (mls)	Amount (mls)	
10.00am	Tea	150		
1am			100	X
6am				
7am				
8am				
9am				
10am				
11am				
12pm				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12am				
1am				
2am				
3am				
4am				
5am				
TOTALS				

Please remember to bring the diary with you to your appointment