

Fluid & Bladder Diary Instructions

Please read this before you begin

What is the chart for?

This chart will give important information about your bladder. It shows how much your bladder holds, how often you empty your bladder and any leakage. It also shows the amount and types of fluids taken.

How long do I need to do this?

For three days and three nights, ideally in a row.

Use a different chart for each day, starting when you first get up in the morning.

What do I need?

You will need a measuring jug, your charts and a pen.

What do I do?

For urine: every time you empty your bladder, pass your urine into the jug. When you have finished, put your jug on a level surface and read in millilitres (mls) how much urine it contains. Write down the time and the amount on the chart. Flush the urine down the toilet and rinse the jug. If you are unable to measure the urine (e.g. when out at shops), write the time and tick the urine column.

For drinks: every time you have a drink, write down the time (remember you don't drink and pass urine at the same time), amount and what you had to drink e.g. tea/coke/water. You might find it easier to measure your favourite mug or cup and then use it for these 3 days

For urgency: write down how strongly you felt the urge to empty your bladder scoring 1 – slight urge, 2 – strong urge, 3 – very hard to hold on.

For leakage: any time you have a urine leak, whatever the amount, write down the time and how wet you felt. In the activity column, write down what you were doing at the time of leakage. This could be a cough, a sudden movement or on your way to the toilet or reaching home.

What should I avoid?

Please don't change anything until after filling out the charts. Drink what you usually drink and go to the toilet as normal. It is important that we can see the pattern of how your bladder is behaving.

**PLEASE BRING THE FLUID & BLADDER DIARY WITH YOU TO YOUR
CLINIC APPOINTMENT**

