Melbourne Bladder Clinic

Bladder Diary

This is a record of your fluid intake, frequency of urination, degree of urgency, and leakages that you may experience throughout a 24 hour period.

Instructions:

1. Complete a 3-day (consecutive if you can) diary when it is convenient for you. Keep the record for each day separate. You may copy as many of this diary page as necessary.
2. Use a measuring cup to measure the amount you urinate to get an accurate reading.

Time of fluid intake, urination or leakage	Fluid intake		Volume of urine passed	Residual urine volume (if you are doing intermittent self catheterization)	Degree of urgency (1 – 10)	Any leakage? (none /small /moderate /large)	Pads used	Notes (what you were doing at the time and other comments) Eg. turning the key in the door, running, didn't feel that I emptied
	What type?	How much?						
Sample (0915 AM)	*Water*	*1 x 600ml*	*300ml*	*100ml*	*5*	*moderate*	*1*	*Watching TV*