BLADDER DIARY

INSTRUCTIONS

URGE

0 - No sensation of any urine in the bladder
1 - Sensation of some urine but no desire to void
2 - Mild to moderate desire to void
3 - Strong desire to void
4 - Urgent desire to void

LEAKING

S - Small (few drops)
M - Moderate (under wear wet)
L - large (outer clothes wet)

URINE VOLUME

Measure the amount of urine you pass in a measuring jug
If you have a bowel motion just write B

FLUID INTAKE

Record – Time, type and amount of fluid you drink

Day 1

TIME	URGE	LEAKING	URINE VOLUME/ BOWELS	FLUID INTAKE TIME	FLUID TYPE	FLUID AMOUNT
e.g. 9am	**3**	**nil**	**350ml**	**9.30am**	**tea**	**250ml**

DAY 2

TIME	**URGE**	**LEAKING**	**URINE VOLUME/ BOWELS**	**FLUID INTAKE**	**FLUID TYPE**	**FLUID AMOUNT**