

## Bladder Diary Instructions

Please complete the diary for 24, 48 or 72 hours as specified by your physiotherapist. This will include information about your bladder habits overnight.

Completing the bladder diary will give your physiotherapist vital information about your bladder function. **It is therefore very important to try and be as close to your regular drinking and toileting habits as possible.** It might be easier to start in on a weekend day where you are at home and more comfortable.

You will need to measure your urine output with a well marked measuring jug. One that holds 750-1000mls will be sufficient. (not sure about telling them the size as it pre-empt's expectations and bigger jugs often do not record smaller amounts well)

Please record everything that you drink, the amount of urine that you void and if there was any leakage or trigger (see below).

### Fluid intake:

- Record what time you take a drink
- Record how much you drink (mls)
- Record what type of drink (water, tea, coffee, alcohol etc)
- You can measure your usual glasses/mugs before you start to make it easier. If you drink from a water bottle make sure you know its volume and estimate the volume you drink along the day.

### Urine output:

- Record what time you go to the toilet
- Record the volume of urine with the jug
- If you not able to measure your output (for example you are out of your house) still record the time and whether the volume was small, medium or large.

### Urge/Leakage/Trigger:

- Record if you had an urge to go to the toilet with a "U". If it was a strong urge write "U+". If it was an unbearable urge write "U++"
- Record if you leaked any urine on the way to the toilet. "L" indicates a small amount of leakage (less than a teaspoon), "L+" indicates a moderate amount of leakage ( around 1 tablespoon), "L++" would indicate a large volume of loss requiring a change of underwear and protective pad.
- Record if there was a reason or **trigger** that made you go to the toilet. For example if it was a "just in case" void before you left the house write "JIC". If you leaked due to a "cough" or "sneeze" or because you arrived home and put your "key in the door", please record this information.

### Other:

- When passing a bowel motion, there is no need to measure your urine. Just estimate or write "BM" in the column

If you have any queries about completing the bladder diary, please do not hesitate to contact your physiotherapist. Good luck 😊