

Patient information factsheet

Name:

Hospital number: Date of birth:

Three day bladder diary

Before your appointment, please complete this bladder diary for three days. You must fill it in as accurately as possible, so that the medical team can make an accurate assessment of your bladder function and decide on the best treatment for you.

How to complete the bladder diary

Over three days and nights please record:

- each time you drink
- each time you go to the toilet
- each time you have a leak of urine

Complete the bladder diary during both a working day and a leisure day, if this applies to you. This will show us whether your bladder habits change depending on what happens in the day. **Please write clearly in pen.** This diary will be scanned and recorded in your medical notes.

- **Time:** Record the time of day for every drink and every time you pass urine. Start Day 1 from when you wake up in the morning. Day 2 will start the next morning, so that all drinks or toilet visits during the night between Day 1 and Day 2 will be recorded in Day 1.
- **Type:** Record the type of drink for every time you have a drink.
- **Fluid intake:** Record how much you drink in millilitres (mls). If you often drink from the same or similar-sized cup or glass, you only need to measure how much it holds once and put that value down every time you drink from it.
- **Urine passed:** Please record how much urine you pass in millilitres (mls). If during the three days there is an odd occasion where you have forgotten to measure the urine output, you must still record this by writing down the time and ticking the column.
- **Leak:** If you leak any amount of urine, please record this with a tick at the time this occurred.
- **Urge score:** Please rate how desperate you were to pass urine.
 - 0: no urgency – no need to empty bladder but did so for other reasons
 - 1: (first sensation of filling) could delay an hour
 - 2: (first desire to go) could delay 30 minutes
 - 3: (strong desire to go) could delay 15 minutes
 - 4: (urgency) unable to delay 5 minutes

Contact us

If you have any questions, please telephone the urodynamics and women's health physiotherapy department on **023 8120 8967** (8am to 4pm).

