

## Bladder Diary Information

Please keep an accurate account of urine passed in this diary for at least two consecutive days. Once complete, please return it to the rooms prior to, or at the time of your consultation.

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### WHAT IS A BLADDER DIARY?

A Bladder Diary is an important part of the assessment of bladder function and incontinence. Along with other specialized investigations and physical examination, it aids in the establishment of a treatment program for incontinence, as well as a means to assess the effectiveness of treatment.

The Bladder Diary records four important things:

1. Fluid input: Record what you are drinking as well as how much. Be aware that "Fluids" also includes foods that are mainly liquid, such as soup.
2. Urine output: Record volumes passed both during the day and at night.
3. Leakage: Record the amount, e.g. spot, dribble, flood.
4. Circumstances: Where you were and what you were doing when the leakage occurred.

### HOW TO RECORD YOUR BLADDER DIARY

Please fill in the Bladder Diary for 2 days, preferably consecutively. You should use one page for each 24 hour period. Pass urine in to a plastic measuring jug in order to measure volumes accurately, then note the volume in the Bladder Diary before tipping the contents in to the toilet. To make recording of fluid intake easier, note the amount that your favorite glass and tea/coffee cup holds and use this to record your drinks. Please record all volumes in millilitres.

The circumstances at the time of leaking are important to record. This includes whether you experienced urgency, whether the leaking occurred with coughing, sneezing or with activity, or whether you had no awareness of the leaking at the time. Record what you were doing at the time. Be aware that the part of the week that you choose to record your Bladder Diary may be significant - your weekends may be quite different to a week day, for example.

### BOWEL DIARY

If you also have trouble with bowel continence, you should record these episodes in the diary as well. Also record the consistency of bowel actions, whether you need to strain, and note any fibre supplements, laxatives or painkillers used. The Bristol Stool Chart (on the Continence Foundation website) is a guide to assessing the quality of bowel motions.

BLADDER DIARY (DAY ONE)		AWARE WOMEN'S HEALTH		NAME:	
DATE	FLUID INTAKE - VOLUME + TYPE	URINE OUTPUT - VOLUME	URGENCY? + - MILD ++ - MODERATE +++ - SEVERE	LEAKAGE? S - SMALL M - MEDIUM L - LARGE	NOTES - EG. CIRCUMSTANCES OF LEAKAGE / WHAT WERE YOU DOING? - BOWEL ACTIONS - OTHER SYMPTOMS
00:00					
7.00am	Tea, 200ml	220ml	Mild	Small	Morning walk to the shops
12:00					
24:00					

BLADDER DIARY (DAY TWO)		AWARE WOMEN'S HEALTH		NAME:	
DATE	FLUID INTAKE - VOLUME + TYPE	URINE OUTPUT - VOLUME	URGENCY? + - MILD ++ - MODERATE +++ - SEVERE	LEAKAGE? S - SMALL M - MEDIUM L - LARGE	NOTES - EG. CIRCUMSTANCES OF LEAKAGE / WHAT WERE YOU DOING? - BOWEL ACTIONS - OTHER SYMPTOMS
00:00					
12:00					
24:00					