

## **Bladder Diary**

Day 1 From 7am on Time Woke up:				To 7am on Time Went to Slee				
Bladder F	unction					Fluid In	take	
Time	Interval	Urge (0-4)	Leakage	Urine Vol / BO		Time	Туре	Volume
Day 2 From 7am Time Wok		-				o Sleep: _		-

Bladder Function							
Time	Interval	Urge (0-4)	Leakage	Urine Vol /			
				ВО			
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Fluid Intake						
Time	Туре	Volume				

## **Recording Urge**

At the time just before voiding record how strong the urge is to pass urine

- 0 no urge
- 1 mild urge but could hold for 60 minutes
- 2 moderate urge but could hold for 30 minutes
- 3 strong urge but could hold for 15 minutes if your had to
- 4 severe urge cannot hold, must run to the bathroom

## **Recording Leakage**

If there is no leakage please leave blank. Note leakage is different to vaginal discharge. It is normal to have small amounts of vaginal discharge. Leakage is specific to urine only.

- 1 underpants damp
- 2 outer garment wet
- 3 urine down the leg