

BLADDER DIARY

PATIENT NAME _____

Bladder diaries and 24-hour pad weights provide useful information to you and your doctor about the nature of urinary symptoms. If you are seeking help with bladder frequency, urgency or incontinence, it is best completed before your first visit to your urologist. This will help your doctor work out the severity and type of symptoms you have and allow both you and the doctor to assess whether you have responded to treatment. It gives your doctor a more accurate picture of what is happening and helps him or her reach the correct diagnosis.

Instructions

1. Choose a quiet day so that you can do the 24 hour collection at home
2. Start the diary when you wake up in the morning and keep the diary for 24 hours (eg. 6 a.m. Monday to 6 a.m. Tuesday)
3. When you drink, record the time, amount and type of fluid in millilitres
 - a) Most containers (cup, mug, glass or can) will list how many millilitres of fluid they contain and an estimate can be made
4. When you urinate, record the time and amount (where possible)
 - a) Men can urinate directly into a disposable container or measuring jug
 - b) Women may find it easier to use a large plastic container eg. ice-cream tub, placed directly into the toilet, the content can then be tipped into a measuring jug
5. When there is a leakage, record the amount and circumstances
 - a) Note if the pad is mildly damp, moderately wet or completely soaked
 - b) Record where you were and what you were doing at the time
6. Do the same for **3 days** - they do not need to be consecutive days
7. If you are on a medication trial, please do the diary 2-4 weeks after starting medication. If it is done earlier, the medication may not have taken effect
8. If your doctor or physiotherapist has recommended some techniques to help control the symptoms or medication, please record when you used it and whether you it helped. For example:
 - a) Felt an urge, but managed to distract myself by counting backwards
 - b) Used pelvic floor exercises, but could not suppress a small leakage

24-HOUR PAD WEIGHT

If you suffer from incontinence, pad weight provides a fairly accurate estimate of how much urine you lose in a day.

Instructions

1. Weigh each dry pad on a kitchen scale prior to use
2. When changing pads, weight the wet pad and take the dry weight off
3. For example - dry pad 30g wet pad 120g net weight 120g - 30g = 90g
4. Record these next to the urine output column
5. If you do not have a kitchen scale, try borrowing one

Example of recording:

Time	Fluid intake	Urine output	Comment
7:00 am	Coffee - 200 ml	300 ml 50 ml	Woke up Bowel motion, passed urine
8:30 am		100 ml	Urgency, pad wet, changed 120g - 30g = 90 g
9:15 am	Water - 300 ml		
10:30 am			Small leak at the gym, pad damp 40g - 30g = 10g

Date: _____ Medications (circle): Oxybutynin Mirabegron Solifenacin Other

Time	Fluid intake	Urine output	Comment
6 am			
7			
8			
9			
10			
11			
12 pm			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12 mn			
1 am			
2			
3			
4			
5			
TOTAL			Please add up total for 24 hours

Example of Pad Weights:

No of pads	2	Weights	90g + 10g	Total	100g
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No of pads _____ Weights _____ TOTAL _____

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11			
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1 am			
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