

Urogynaecology Bladder Diary

Please complete this chart before your appointment at the Urogynaecology clinic / Urodynamic clinic.

It needs to be kept for 3 days.

It records what goes in (drink) and what comes out (wee) and will help to give us a better picture of how your bladder is behaving. Please try and vary the days between work and home if possible and pick typical days.

To complete the chart:

- **Type:** Record the type of fluid you drink against the correct time (eg tea, coffee, squash)
- **Fluid in:** Measure when and how much you drink (in mls if possible)
- **Fluid out:** Collect your urine (wee) in a jug and record the amount (in mls if possible). If on occasions it isn't possible to use a jug, please put a tick instead.

Please call the Urogynaecology Nurse Specialist on **01284 713955** if you have any questions.

Example: 1 fl oz = 28 mls

Time	Type	Fluid in	Fluid out
7.00am - 8.00am			600ml
8.00am - 9.00am	Coffee	250ml	
9.00am - 10.00am			400ml
10.00am - 11.00am			
11.00am - 12.00noon	tea	250ml	
12.00pm - 1.00pm			
1.00pm - 2.00pm	Water	300ml	100ml
2.00pm – 3.00pm	tea	250ml	
3.00pm – 4.00pm			
4.00pm - 5.00pm			200ml

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Name: _____ DoB: _____

Time	Day one			Day two			Day three		
	Type	Fluid in	Fluid out	Type	Fluid in	Fluid out	Type	Fluid in	Fluid out
7.00am - 8.00am									
8.00am - 9.00am									
9.00am - 10.00am									
10.00am - 11.00am									
11.00am - 12.00noon									
12.00noon -1.00pm									
1.00pm - 2.00pm									
2.00pm - 3.00pm									
3.00pm - 4.00pm									
4.00pm - 5.00pm									
5.00pm - 6.00pm									
6.00pm - 7.00pm									
7.00pm - 8.00pm									
8.00pm - 9.00pm									
9.00pm - 10.00pm									
10.00pm - 11.00pm									
11.00-12.00 midnight									
0.00am - 1.00am									
1.00am - 2.00am									
2.00am - 3.00am									
3.00am - 4.00am									
4.00am - 5.00am									
5.00am - 6.00am									
6.00am - 7.00am									