



Bladder Diary Instructions

What is a Bladder Diary?

A bladder diary is a 24 hour recording of your liquid intake and urine output. The information recorded can be helpful to your healthcare professional to understand your fluid balance, urinary frequency, functional bladder capacity (how much your bladder holds in your own environment), and many other aspects important to bladder function.

When is a Bladder Diary used?

Your health professional may request that you complete a diary to evaluate urinary frequency, urgency and/or incontinence. You may also choose to complete a diary before you see the health professional about a bladder problem. A bladder diary can point to any dietary or behavioral factors that may be contributing to your bladder symptoms.

How to complete the Diary:

1. Begin and end the diary at the same times each day
 - example: begin when you wake (7 am) and end (7am the following day)
2. Record the fluid intake to your best estimate
 - you don't need to measure every drink, if you know the size of the bottle or cup you are using
 - estimate to closest 20-30mls
3. Measure urine output with by urinating into a plastic measuring jug
 - obtain a jug with capacity of at least 500ml
 - rinse jug in basin or sink after use and keep next to the toilet until the diary is complete
4. Record diary information for 2- 3 days
 - they do not need to be consecutive days
 - a one day diary may not be representative of your bladder condition
5. Be as accurate as possible
 - diaries are most useful when every intake and output in the 24 hour period is recorded

Other Helpful Hints:

- *You may print as many pages of the diary as necessary to complete the 3 days of recording*
- *Don't forget to bring your completed diaries back to the doctor's office at your return visit*