

3 Day Bladder Diary

Name : _____ Age : _____

For the fluid summary chart you will need to monitor your daily fluid intake and measure the amount of urine you have passed.

The standard cup is 250 mls, to measure your urine you can place a container in the bottom of your toilet towel and use old jug to measure or you can purchase a specimen (measuring device) from the chemist. Leakage of urine must also be recorded : x for a spurt ; xx for half bladder content, and xxx for complete bladder emptying. Record if any pain as P.

Please also record the number of pads used per day at the bottom.

Time	Example		Day 1		Day 2		Day 3	
	Date	1/1/10	Date	Date	Date	Date	IN	OUT
	IN	OUT	IN	OUT	IN	OUT	IN	OUT
1 am								
2 am		300						
3 am								
4 am								
5 am	100	100						
6 am								
7 am	250	x100						
8 am								
9 am		200						
10 am	250							
11 am								
12 pm	300	xx90						
1 pm								
2 pm		150						
3 pm								
4 pm	200	100						
5 pm								
6 pm	250	300						
7 pm								
8 pm	250	xxx						
9 pm		100						
10 pm								
11 pm								
12 am		100						
Total	1600	1440						
No of pads used	3 pads							