



BLADDER DIARY

To enable a complete assessment of your current symptoms, it is important to partner with your pelvic floor therapist to gain a thorough understanding of how your bladder is currently functioning. Therefore, it would be appreciated if you could complete the following Bladder Diary for 72 hours.

INSTRUCTIONS:

Try to choose three days where you feel that you would most easily be able to complete the diary. There are no perfect 3 days. There will almost always be challenges or irregularities in any 3 days of someones life. It's OK! Do your best!

- Aim to start **when you first wake up** on the first day and continue for 72 hours.
- Each time you go to the toilet to pass urine write down:

BLADDER FUNCTION SECTION:

1. Time of day example: 9.30am

2. Interval Write how long it has been since the last time
you went to the toilet. ex. 2hrs, 45min

3. Rate How Strong Your Urge to Pass Urine was from 0-4

- 0 = No Sensation of urine in bladder at all
-could delay indefinitely
- 1 = Sensation of some urine but no desire to void
-could delay 1 hour
- 2 = Mild-Moderate Desire to void
-could delay 30 min
- 3 = Strong Desire to Void
-couldn't delay more than 15 min
- 4 = Urgent Desire to Void
-Unable to delay 5 min

4. Did You Leak on Way to Toilet?

- No
- Yes – S/A = A few drops to quarter sized wet spot on underwear
- Yes – M/A = underwear quite damp
- Yes – L/A = wet outer clothes

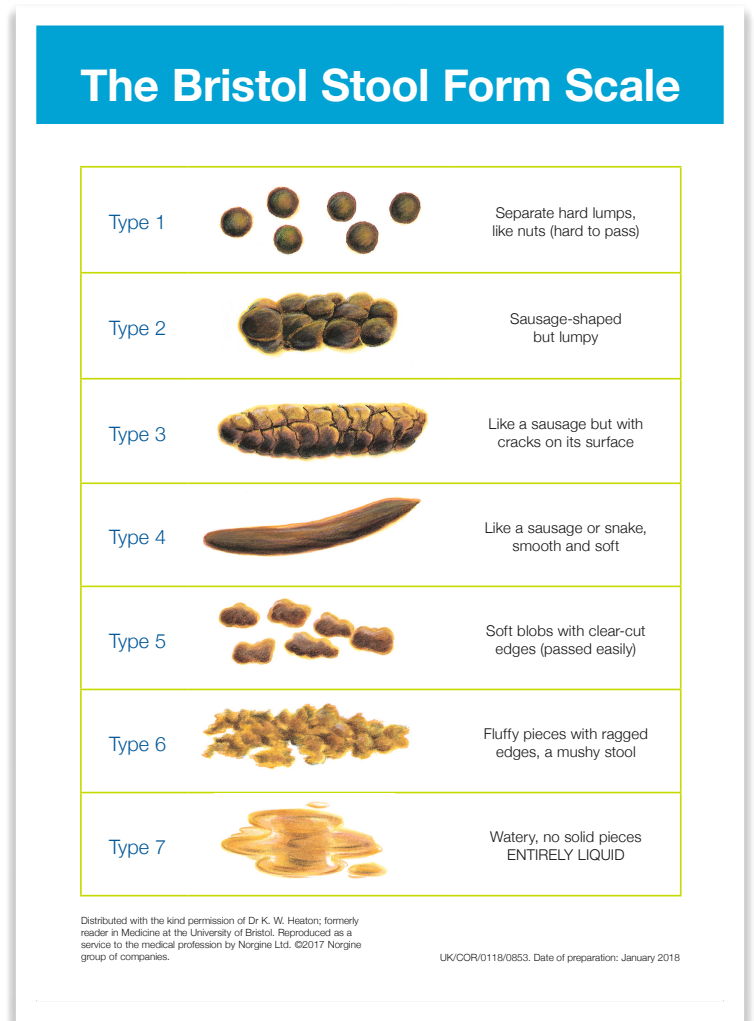
5. Volume of Urine Passed

- Urine: Measure the amount of urine in mls (“cc” on toilet hat specimen container)

6. Bowel Movements

- Bowels: Write “BM” (Bowel Movement), Size of BM for you (small, medium, large) and the Bristol Stool Chart Number (1-7) that most closely visually resembles the BM

Note: When you go to the toilet to have a BM you are not expected to measure the amount of urine you pass at the same time.



FLUID INTAKE SECTION

1. Time ex. 9.45am, 3.30pm
2. Type ex coffee, water, juice, tea.
3. Amount: eg. 1 cup, 12oz.

