

## Four Day Bladder Diary (MUST BE COMPLETED)

<b>Name:</b>	<b>Date of Birth:</b>
<b>Address:</b>	<b>NHS number:</b>

Please complete this diary for four days and nights – can be non-consecutive.

You will need a plastic measuring jug and kitchen scales if pads are used.

- **TIME:** write BED when you go to bed and WOKE when you woke up.
- **DRINKS:** write the amount you drink and the type of drink.
- **URINE OUTPUT:** write the amount of urine passed in millilitres (ml) using a measuring jug.
- **PADS:** weigh pads in grams (1 gram = 1 ml) using kitchen scales.
- Please total up the amounts in the Total column
- Put pads in plastic bags for hygiene reasons.
- Always wash your hands afterwards.

### Example:

Time	Drinks		Urine (mls)	Pad weight
	Amount (mls)	Type		
6am Woke	310ml	Tea	250ml	300g
7am				
8am				
9am	200ml	Water	100ml	
10am				
<b>TOTAL:</b>	510ml		350ml	300g

## BLADDER DIARY – Day 1 & 2

<b>Name:</b>	<b>DOB:</b>	<b>NHS No:</b>
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DAY ONE					DAY TWO				
Time	Drinks		Urine (mls)	Pad weight	Time	Drinks		Urine (mls)	Pad weight
	Amount (mls)	Type				Amount (mls)	Type		
6am					6am				
7am					7am				
8am					8am				
9am					9am				
10am					10am				
11am					11am				
Midday					Midday				
1pm					1pm				
2pm					2pm				
3pm					3pm				
4pm					4pm				
5pm					5pm				
6pm					6pm				
7pm					7pm				
8pm					8pm				
9pm					9pm				
10pm					10pm				
11pm					11pm				
Midnight					Midnight				
1am					1am				
2am					2am				
3am					3am				
4am					4am				
5am					5am				
<b>TOTAL:</b>					<b>TOTAL:</b>				

## BLADDER DIARY – Day 3 & 4

<b>Name:</b>	<b>DOB:</b>	<b>NHS No:</b>
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DAY TWO					DAY THREE				
Time	Drinks		Urine (mls)	Pad weight	Time	Drinks		Urine (mls)	Pad weight
	Amount (mls)	Type				Amount (mls)	Type		
6am					6am				
7am					7am				
8am					8am				
9am					9am				
10am					10am				
11am					11am				
Midday					Midday				
1pm					1pm				
2pm					2pm				
3pm					3pm				
4pm					4pm				
5pm					5pm				
6pm					6pm				
7pm					7pm				
8pm					8pm				
9pm					9pm				
10pm					10pm				
11pm					11pm				
Midnight					Midnight				
1am					1am				
2am					2am				
3am					3am				
4am					4am				
5am					5am				
<b>TOTAL:</b>					<b>TOTAL:</b>				