Tell us about your drinking and voiding patterns
How to complete a 3-day bladder diary

A bladder diary is a chart used to record the amount you drink, and the amount you void (pee). You can also tell us about any leakage of urine you experience throughout the day.

This information helps you understand how what you drink and when you drink affects how often you have to void (pee).

All amounts must be recorded in millilitres (mLs). Use the example below to help you decide how many mLs you should record.

For example:

250 mLs	=	1 cup
30 mLs	=	1 ounce
1 mL	=	1 cc

How to complete the bladder diary

- Measure the amount of urine (pee) using a measuring hat or a bottle every time you void (pee).
- Record the amount of urine, the time, and any leakage.
- Measure the amount and the type of fluid you drink during the day.
- Record the amount and type of fluid.

When to complete the bladder diary

Between today and your next appointment, choose 3 days and mark these days on your calendar. You do not need to choose 3 days in a row.

Start recording on the bladder diary when you wake up in the morning until morning of the next day.

Example of a completed bladder diary

			Urine Out			Fluid In	
Date	Time	Amount	Leaking 1 = a few drops 2 = wet 3 = can't stop leaking	Reason for leaking		Amount	Type
Mar 1	7:00	400 mls					
	7:30					500 mls	tea
	9:00		1	cough			
	10:00					250 mls	water
	11:00	250 mls	2	urgency			
	12:00		2	sneeze		250 mls	milk

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Tell us about your drinking and voiding patterns *- continued*

		Urine Out				Fluid In	
Date	**Time**	**Amount**	**Leaking** **1 = a few drops** **2 = wet** **3 = can't stop leaking**	**Reason for leaking**		**Amount**	**Type**

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Tell us about your drinking and voiding patterns - *continued*

		Urine Out				Fluid In	
Date	**Time**	**Amount**	**Leaking** **1 = a few drops** **2 = wet** **3 = can't stop leaking**	**Reason for leaking**		**Amount**	**Type**

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Tell us about your drinking and voiding patterns *- continued*

		Urine Out				Fluid In	
Date	Time	Amount	Leaking 1 = a few drops 2 = wet 3 = can't stop leaking	Reason for leaking		Amount	Type

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