Bladder Diary

Instructions: Get two 1-litre plastic measuring jugs. For each drink, measure volume in the jug, and record in the column under 'fluid intake'. For each urination, void into the other measuring jug and record the volume under 'urine output'. ***Do this for 3 days (photocopy this page).*** Ignore the Wet Pad Weight column and Intermittent Catheter column unless you are using pads or an intermittent catheter.

Time	***Fluid intake (ml)***	***Urine output (ml)***	***Leakage episode ? No/small/mod/large***		Wet Pad Weight in gram (only if using pads)	Intermittent Catheter Volume in ml (only if using ISC)	***Comments***
0815		250ml	No		-	-	Example
0910	100	-	-		-	-	Example

Calvary North Adelaide Hospital | 89 Strangways Terrace | North Adelaide SA 5006
t 08 8267 1424 | f 08 8267 1370 | nick@nickbrookurology.com | www.nickbrookurology.com