

How to keep the diary

- 1 Fill in three consecutive days, ideally two working days and one day off. Shorter says little; longer is rarely completed.
- 2 Change nothing. Drink and go as you normally would — otherwise you record a day you never actually have.
- 3 Write it down straight away, not from memory in the evening. Keep the sheet by the toilet.
- 4 Measure volumes where you can: a measuring jug or any container of known volume will do. Mark estimates as estimates.
- 5 For urgency, note how strong it was: 0 none, 1 noticeable, 2 strong, 3 could not be postponed.
- 6 Record leakage with volume or circumstances — when coughing, on the way to the toilet, while asleep.

What can be read from it

- Fluid intake and output across 24 hours
- How often and at what intervals you void
- Largest single volume and bladder capacity
- Daytime versus night-time balance
- The link between urgency, volume and leakage

Bladder Diary

Printable voiding diary — blaseunddarm.de

Name _____ Day 1 of 3 _____ Date _____

Daily totals

Total fluid intake _____ Total urine _____ Number of voids _____
of which at night _____ Largest single volume _____

Bladder Diary

Printable voiding diary — blaseunddarm.de

Name _____ Day 2 of 3 _____ Date _____

Daily totals

Total fluid intake _____ Total urine _____ Number of voids _____
of which at night _____ Largest single volume _____

Bladder Diary

Printable voiding diary — blaseunddarm.de

Name _____ Day 3 of 3 _____ Date _____

Daily totals

Total fluid intake _____ Total urine _____ Number of voids _____
of which at night _____ Largest single volume _____