NHS Lothian

3 Day Bladder Diary Day 1	Name: Start Date:
Please complete this diary for 3 days <u>before</u> your appointment with us.	

Fluid intake: Examples of fluid types are: tea, coffee, water, fruit juice, fizzy drinks
Approximate quantities: a small cup is 150 millilitres (mls); a mug is 300mls; small glass is 200mls; a large glass is 300mls

Urinary Output: Use a measuring jug to find out how much urine you passed in millilitres (mls) both during the day and at night

Leakage: Did urine leak onto your clothing, pad, pants or bed? (Answer Yes or No)

Urge: Did you feel that you needed to pass urine quickly? (Answer Yes or No)

An example has been provided on the first line.

Fluid intake			Urinary output		Leakage (Yes or No)	Urge (Yes or No)
Time	**Type**	**Quantity**	**Time**	**Amount**		
10.00am	*Tea*	*150mls*	*11.00am*	*100mls*	*No*	*Yes*

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3 Day Bladder Diary Day 2	Name:

Fluid intake: Examples of fluid types are: tea, coffee, water, fruit juice, fizzy drinks
Approximate quantities: a small cup is 150 millilitres (mls); a mug is 300mls; small glass is 200mls; a large glass is 300mls

Urinary output: Use a measuring jug to find out how much urine you passed in millilitres (mls) both during the day and at night

Leakage: Did urine leak onto your clothing, pad, pants or bed? (Answer Yes or No)

Urge: Did you feel that you needed to pass urine quickly? (Answer Yes or No)

An example has been provided on the first line.

Fluid intake			Urinary output		Leakage	Urge
Time	**Type**	**Quantity**	**Time**	**Amount**	**(Yes or No)**	**(Yes or No)**
10.00am	*Tea*	*150mls*	*11.00am*	*100mls*	*No*	*Yes*

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3 Day Bladder Diary Day 3	Name:

Fluid intake: Examples of fluid types are: tea, coffee, water, fruit juice, fizzy drinks.
Approximate quantities: a small cup is 150 millilitres (mls); a mug is 300mls; small glass is 200mls; a large glass is 300mls

Urinary Output: Use a measuring jug to find out how much urine you passed in millilitres (mls) both during the day and at night

Leakage: Did urine leak onto your clothing, pad, pants or bed? (Answer Yes or No)

Urge: Did you feel that you needed to pass urine quickly? (Answer Yes or No)

An example has been provided on the first line.

Fluid intake			**Urinary output**		**Leakage**	**Urge**
Time	**Type**	**Quantity**	**Time**	**Amount**	**(Yes or No)**	**(Yes or No)**
10.00am	*Tea*	*150mls*	*11.00am*	*100mls*	*No*	*Yes*

Thank you for completing this diary. Please remember to bring it with you to your appointment.