

What is a bladder diary?

A bladder diary is a useful tool that can be used to record the number of trips to the toilet to pass urine (wee), to measure the volume of urine passed and any episodes of wetness or leakage. You will also be asked to record what you are drinking, how much, and when you are having your drinks.

Why is completing a bladder diary helpful?

A bladder diary can help your healthcare professional, as part of an assessment, to better understand how your bladder is working. It provides information on the amount you drink, the amount of urine your bladder can hold, how often you pass urine, and any wetting or episodes of leakage. It may also help identify if there are any patterns or links which contribute to your symptoms.

It is recommended to keep a diary of your bladder habits for at least 3 days, so you can give your healthcare professional as much information as possible, about your condition. A one-day diary may not provide enough information to give a true picture of how your bladder is working.

Top Tips: What to record whilst keeping your diary

- Record when you go to bed and when you get up in the morning to start your day
- How often you need to pass urine
- Keep a record of toilet visits to pass urine throughout the day and night
- Have a measuring jug handy by the toilet, to record the amount of urine you pass at each toilet visit; this should be recorded both day and night
- It is important to record if you are getting up frequently in the night to pass urine
- If you pass urine but couldn't measure it eg at work, away from home, put a tick/s in the column to indicate that you have passed urine
- Record any episodes of bladder leaks and any additional information you think may be important about when this occurs, eg: coughing, sneezing, during exercise etc
- You could measure the mug / glass that is frequently used, so as not to have to measure every drink if the same are used.

It may be helpful to complete the diary, choosing a time when you will be mostly at home, or over a weekend and near a time when you are due to see your nurse or doctor. You may also want to consider recording on a day when you are at work or away from home as your drinking patterns may be different eg: Friday, Saturday, Sunday.

Bladder Diary

The Bladder & Bowel UK Bladder 3-day diary is free to download – don't forget to take your completed diary to your healthcare professional appointment.

Recording in your diary

- Record if damp, wet, or soaking
- Make a note if you experience urgency or need to get to the toilet quickly
- Record as 1 if you could hold on for a short period of time without worry
- Record as 2 if you had to rush to the toilet, otherwise you would have experienced leakage
- Record as 3 if you leaked or were wet before you reached the toilet
- Record if you changed your pad
- Keep a record of your fluid intake - write down what you drink (i.e, water, juice, coffee, alcohol etc) and how much. It is helpful to measure the amount of fluid you drink, or if you can further describe for example, small glass, mug, teacup etc
- Record activities eg out for a walk, exercising, at home

Example						
Time	In (Drinks)		Out (Wee)	Wetting	Urgency	Notes
6am			350ml	Wet	3	Got up, changed pad
7am	Coffee	300ml				
7.45am			80ml		1	
8.30am	Coffee Water	300ml 100ml				Water for tablets
8.45am			60ml		2	Changed pad
10am			50ml		2	Going out, tried to have a wee first
11.30pm				Wet		been out with dog for walk, changed pad
12.30pm	Apple Juice diluted with water	200ml				
2.30pm			100ml	damp	3	In garden

Bladder Diary

Further advice

Always follow advice given to you by your child's doctor or nurse. Talk to them if you have any questions or concerns.

You may also contact the Bladder & Bowel UK confidential helpline through the website.

Further information

Find more information about bladder and bowel health in our information library at bbuk.org.uk. You can also contact the [Bladder & Bowel UK confidential helpline](https://bbuk.org.uk) (0161 214 4591).

For further advice on bladder and bowel problems speak to your GP or other healthcare professional.

There is more information on bedwetting, including on how to discuss the issue with your healthcare professional at stopbedwetting.org.