## **BLADDER DIARY**

Mrs Test TEST

DOB: 01.01.1800

NHI:

Instructions: The purpose of the bladder diary is to ascertain your fluid intake and urine output. You need to write down the time and volume of each drink you have. You also need to measure your urine (each time you need to pass urine) in a measuring jug and record the time and volume below. Ideally, a two day diary should be kept, this is probably easiest over the weekend. If you have any urine leakage (incontinence), note the times and the severity.

Date	Time Volume	Fluid Intake	Volume Voided	Incontinence