the women's
the royal women's hospital

Three Day Bladder Diary

Medical Care

UR number

Surname

Given name/s

Date of birth Sex

(Affix label here)

Please record your input (fluid intake) and output (from your bladder) **for 3 full days** including both the day-time and night-time.

This information will assist the hospital staff and can be used to check your progress over time.

How to fill in your diary:

INPUT – fluid

Every time you have a drink, record:

- The **time**
- The **amount of fluid** in millilitres (ml)
- The **type** of fluid e.g. water, coffee, soup

OUTPUT

Every time you pass urine, record:

- The **time**
- The **amount of urine** in millilitres (ml) (measured by placing a container in the toilet and pouring your collected urine into a measuring jug)
- Any leakage by ticking (✓) **small** or **large**. Leave this section blank if there was no leakage.

COMMENTS

Write anything you think is relevant under **Comments**. Such as:

- Why you went to the toilet e.g. 'Just in case', going to bed, urge to go, passing a bowel motion
- Reason for any urgency e.g. 'Key in door', washing dishes
- Reason for any urinary leakage e.g. urgency, cough

Please bring this back to your next hospital appointment

Day 1 Date ____ /____ /____

INPUT – fluid intake			OUTPUT				
					Urine leakage		
Time	Amount of fluid (ml)	Type	Time	Amount of urine passed (ml)	Small	Large	Comments/reason for urine leakage

Drill holes where indicated in Cyan keyline.
Do not print Cyan.

THREE DAY BLADDER DIARY

OP/10

D09-146 design@thewomens Note: based on forms developed by Peninsula Health

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Stock no.
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Day 2 Date ____ /____ /____

INPUT – fluid intake			OUTPUT				
					Urine leakage		
Time	Amount of fluid (ml)	Type	Time	Amount of urine passed (ml)	Small	Large	Comments/reason for urine leakage

Day 3 Date ____ /____ /____

INPUT – fluid intake			OUTPUT				
					Urine leakage		
Time	Amount of fluid (ml)	Type	Time	Amount of urine passed (ml)	Small	Large	Comments/reason for urine leakage

Drill holes where indicated in Cyan keyline.
Do not print Cyan.