

# Mr Andrew Hextall MD FRCOG

## Consultant Gynaecologist / Urogynaecologist

**BLADDER DIARY – A record of how much you drink, how often you go to the toilet and the amount passed each time.**

NAME..... AGE..... DATE.....

Instructions: Please fill in all the details below

Record the time you GET UP and GO TO BED

Use the key and add any helpful comments

Key: x = small leak

xx

xxx = large

leak

Show your normal pattern of passing urine (use an old jug to measure the amount)

Time	Amount passed in mls	Urgency?	leak	comments	Fluid type and amount in mls	Pad change Type of pad used
Example	250 mls	-	x	sneezed	400 mls Tea	
Example	100 mls		xx	Didn't reach toilet	250 mls Coffee	
6 am						
7 am						
8 am						
9 am						
10 am						
11 am						
12 noon						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm						
7 pm						
8 pm						
9 pm						
10 pm						
11 pm						
12 midnight						
1 am						
2 am						
3 am						
4 am						
5 am						
<b>TOTALS</b>						