

Bladder diary

On the next page of this leaflet, you will find a bladder diary. Keeping a bladder diary helps us to make an assessment of how your bladder is working and gives us an idea of the amount you drink, the amount of urine your bladder can hold, and how often you pass urine.

How to complete your bladder diary

Fill in the bladder diary as carefully as possible for two days in the week.

- For each day, record what and how much you drink (in millilitres or cups), and when you drink it.
- Use a jug to measure the amount of urine you pass. Record the amount on the chart.
- If you leak urine, tick the column marked 'wet'.

Every time you pass urine, please put a letter on the chart from the list below that describes how urgently you had to get to the toilet.

- A** I felt no need to empty my bladder, but did so for other reasons.
- B** I could postpone voiding (emptying my bladder) as long as necessary without fear of wetting myself.
- C** I could postpone voiding for a short while, without fear of wetting myself.
- D** I could not postpone voiding, but had to rush to the toilet in order not to wet myself.
- E** I leaked before arriving to the toilet.

Below is an example of how to complete the bladder diary.

Time	In	Out	Wet	Urgency
7am		300ml		D
8am	Tea – 1 cup			
9am		200ml		B
10am				
11am	Water – 1 cup			
12 noon		50ml	✓	E
1pm				

Day 1

Time	In	Out	Wet	Urgency
7am				
8am				
9am				
10am				
11am				
12 noon				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12 midnight				
1am				
2am				
3am				
4am				
5am				
6am				

Day 2

Time	In	Out	Wet	Urgency
7am				
8am				
9am				
10am				
11am				
12 noon				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12 midnight				
1am				
2am				
3am				
4am				
5am				
6am				

Contact us

If you have any questions or concerns about your bladder problem or completing your bladder diary, please contact any of the following.

- Urogynaecology nurse specialist, **t:** 020 7188 7188 ext 50250.
- Gynaecology Ward, **t:** 020 7188 2679.
- Continence nurse specialist for the urology department, **t:** 020 7188 6783.
- Acute medicine/surgery continence nurse specialist, **t:** 020 7188 2083.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111 **w:** 111.nhs.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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