

# 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 mls 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:

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

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

Time	In	Out	Wet	Urgency
07.00		300mls		D
08.00	Tea 1 cup			
09.00				
10.00		200mls		B
11.00	Water 1 cup			
12.00		50mls	✓	E
13.00				

Day 1				
Time	In	Out	Wet	Urgency
07.00				
08.00				
09.00				
10.00				
11.00				
12.00				
13.00				
14.00				
15.00				
16.00				
17.00				
18.00				
19.00				
20.00				
21.00				
22.00				
23.00				
00.00				
01.00				
02.00				
03.00				
04.00				
05.00				
06.00				

Day 2				
Time	In	Out	Wet	Urgency
07.00				
08.00				
09.00				
10.00				
11.00				
12.00				
13.00				
14.00				
15.00				
16.00				
17.00				
18.00				
19.00				
20.00				
21.00				
22.00				
23.00				
00.00				
01.00				
02.00				
03.00				
04.00				
05.00				
06.00				

## Contact us

If you have any questions or concerns about your bladder problem or completing your bladder diary, please contact the **urogynaecology nurse specialist** on **020 7188 3671** (Mondays and Tuesdays, answerphone at other times), or contact the gynaecology ward on **020 7188 2679**.

You can also contact Elaine Hazell, **continence nurse specialist** for the urology department on **020 7188 6783**.

Florence Ilegbusi, care of the elderly **continence nurse specialist** on **020 7188 2083**.

### Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**e:** 020 7188 8801 at St Thomas'      **t:** 020 7188 8803 at Guy's      **e:** pals@gstt.nhs.uk

### Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

**t:** 020 7188 3416

### Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815      **fax:** 020 7188 5953

### NHS Direct

Offers health information and advice from specially trained nurses over the phone 24 hours a day.

**t:** 0845 4647      **w:** www.nhsdirect.nhs.uk

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** www.nhs.uk

### Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

**t:** 0848 143 4017      **e:** members@gstt.nhs.uk      **w:** www.guysandstthomas.nhs.uk

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