

Bladder diary instructions



Please read carefully

This chart is designed to help assess how your bladder works and how often you need to perform intermittent self catheterisation (ISC).

By filling this form in correctly you will help us assess your condition and plan your treatment. **Please bring your completed bladder diary to your nurse review.**

The column marked "time" refers to the time of day, starting and finishing at 6 o'clock in the morning. The chart should be filled in over 3 days (marked days 1-3).

For each day there are three columns:

- Fluid intake
- Urine passed
- ISC Amount

Fluid Intake

In this column, you record how much fluid you drink and what it is. For example, coffee, tea, water, beer, etc.

Each time you have a drink, you record how much you have drunk and what it is next to the time. You may find it easier to measure how much a cup or mug holds (in mls) and estimate the fluid drunk by always using the same cup.

Urine Passed

In this column you record the amount (volume) of urine passed.

Each time you pass urine, record the volume of urine (in mls) passed against the time. For this you could use a small plastic measuring jug. Please record during the night if you can.

Where it is not possible to measure the volume, for example, if you are out shopping, please tick (✓) the box to show that you have passed urine.

ISC Amount

In this column you record the amount of urine passed using an intermittent catheter (i.e. the "post void residual") against the appropriate time.

Example:

Day 1 / Date:			
Time	Fluid intake	Urine passed	
		Naturally	with ISC catheter
6am		300ml	150ml
7am	Tea 250ml		



Bladder diary

Surname:

First name:

Date of birth:

Time	Day 1 / Date:		Day 2 / Date:		Day 3 / Date:	
	Fluid intake	Urine passed Naturally with ISC catheter	Fluid intake	Urine passed Naturally with ISC catheter	Fluid intake	Urine passed Naturally with ISC catheter
6 am						
7 am						
8 am						
9am						
10 am						
11 am						
12 midday						
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						
2am						
3 am						
4 am						
5 am						