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# Bladder Diary

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The reason for asking you to do a 24 hour bladder diary is to see:

1. How much your bladder is able to hold.
  2. How many times you pass urine each day and night.
  3. How much fluid you drink in a 24 hour period.
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What you need to do—

Write the amount of fluid you drink (eg 150mls, 375mls) and the type of fluid in the fluid intake section. This includes tea, coffee, soup, water, milk, juice, beer, wine etc. (If you prefer you can list 'social drink' instead of the type of alcohol).

Each time you pass urine do it into a measuring container and record this in the fluid output section along with the time you passed the urine (including the night time if you need to get up).

In the comments section note any time that you leaked and what you were doing at the time, eg sneezed, coughed, ran up a hill.

On the diary, note the time that you go to bed and the time that you get up in the morning.

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EXAMPLE

Intake

Output

TIME	AMOUNT	TYPE	TIME	AMOUNT	WET	COMMENTS
			6.30am	300		
7.30am	250	tea	8am	180	Y	Picked up baby
9am	120	water	9.30am	300	Y	Ran to phone
			11pm	220		

PLEASE NOTE AMOUNTS IN MILLILITRES (ML)

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## 24 Hour Bladder Diary

PATIENT NAME .....

DATE OF BIRTH (DD/MM/YYYY) ..... AGE .....

DATE PERFORMED .....

### Intake

### Output

TIME	AMOUNT	TYPE	TIME	AMOUNT	WET	COMMENTS
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