# Free 3-Day Bladder Diary

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Doctors and continence nurses often ask for a bladder diary before they can say what is causing bladder leaks. Keep this one for three days and nights in a row, then bring it, with the summary page, to the appointment.

1. **Start when you get up on Day 1.** Anything during the night counts toward the day before, until you get up the next morning.
2. **Drinks:** write the type and how much, in ml or ounces. Measure your usual cup once and use that amount every time.
3. **Urine passed:** if your doctor asks you to measure, use a measuring jug or a collection container that sits in the toilet. If you forget, write the time and an x.
4. **Leaks:** mark each one at the time it happened, with its size and what you were doing. Tick the Pad column each time a pad is changed.

## URGENCY SCALE: HOW STRONG WAS THE NEED TO GO?

| | |
|---|---|
| 0 | No urge. I went for another reason, not because I needed to. |
| 1 | A first feeling of filling. I could have waited about an hour. |
| 2 | A first real need to go. I could have waited about 30 minutes. |
| 3 | A strong need to go. I could have waited about 15 minutes. |
| 4 | Urgent. I could not have waited even 5 minutes. |

## LEAK SIZE

| S Small | M Medium | L Large |
|---|---|---|
| A few drops | Wet underwear or pad | Soaked through, or wet clothes |

Urgency scale after the NHS three-day bladder diary (University Hospital Southampton). If your clinic gives you its own diary, follow theirs. A diary to share with your doctor or nurse; not medical advice.

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Date _____ Woke up at _____ Went to bed at _____

| Time | Drink: type | Amount drunk | Urine passed | Urge 0–4 | Leak S/M/L | What I was doing | Pad |
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## DAY TOTALS

| Trips (day) | Trips (night) | Leaks | Urgent trips (urge 3 or 4) | Pads used | Total drunk | Largest amount passed |
|---|---|---|---|---|---|---|
| | | | | | | |

# 3-Day Bladder Diary

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Date _____ Woke up at _____ Went to bed at _____

| Time | Drink: type | Amount drunk | Urine passed | Urge 0–4 | Leak S/M/L | What I was doing | Pad |
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|---|---|---|---|---|---|---|
| | | | | | | |

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## DAY TOTALS

| Trips (day) | Trips (night) | Leaks | Urgent trips (urge 3 or 4) | Pads used | Total drunk | Largest amount passed |
|---|---|---|---|---|---|---|
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# 3-Day Diary Summary

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Copy the totals from each day, then work out the average (add the three days and divide by 3). The doctor will want these numbers.

| | Day 1 | Day 2 | Day 3 | Average |
|---|---|---|---|---|
| Toilet trips during the day | | | | |
| Toilet trips at night | | | | |
| Leaks | | | | |
| Urgent trips (urge 3 or 4) | | | | |
| Pads or briefs used | | | | |
| Total drunk | | | | |
| Caffeine or alcohol drinks | | | | |
| Largest amount passed | | | | |

What were most leaks linked to?

- ☐ Coughing, sneezing, lifting
- ☐ A sudden urge
- ☐ Not reaching the toilet in time
- ☐ Night-time
- ☐ Dribbling after going
- ☐ Not sure

Anything else the doctor should know

Questions for the doctor

# When to See a Doctor

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## See a health care professional right away if you:

Can't pass urine or can't empty your bladder; see blood in your urine; have signs of a bladder infection, such as painful urination; or urinate eight or more times a day. (NIDDK, "Symptoms & Causes of Bladder Control Problems.")

## Also make an appointment for:

Trouble urinating or leaking urine, loss of bladder control, waking at night to urinate, pelvic pain, or leaks that start suddenly or get suddenly worse. Bladder leaks can often be cured or controlled (National Institute on Aging).

### QUESTIONS YOU MIGHT ASK

- [ ] What type of leakage do you think this is?
- [ ] Could any of my medicines be making it worse?
- [ ] Would bladder training or pelvic floor exercises help me?
- [ ] How much should I drink each day, and when?
- [ ] What should make me call you before my next visit?

## Want the full 12-week system?

The Bladder & Continence Diary (64 pages) has three 3-day diaries to compare, a bladder training plan and pelvic floor tick chart, 12 weekly continence charts, bowel and night logs, skin checks, a supplies tracker, and toileting tips for someone with dementia.
shop.elderlydaily.com/l/bladder-continence-diary

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