

Guidance on filling in the bladder diary

Why should you fill in this form?

In order to be able to provide you with the correct advice and treatment, it is important to monitor the cause of your bladder problems. By filling in the table, you enable your doctor, urotherapist or nurse to get an overview of your habits.

How should you fill in this form?

Your doctor, urotherapist or nurse will provide you with information on how to keep a diary and for how long. You normally need to record the information for two days to get an idea of how your bladder works. It is important that you record information over a 24-hour period, i.e. including any trips to the toilet you may need to make at night.

What should be recorded in the table?

Time

The first column is used to record the time of each event.

Amount of fluid

Sometimes it is important to know how much fluid you consume during the day. Fill in details of what and how much you drink (in dl, 1 dl = 100 ml). Remember that certain foods can also contain a lot of fluid.

Bladder emptying

Urinate into a measuring cup and record the amount of urine in dl (1 dl = 100 ml).

Urgency

Gauge the strength of the urge to empty your bladder using the following scale:

1. Slight urge – I can control my bladder and decide myself when I want to go to the toilet.
2. Moderate urge – I have a strong urge to empty my bladder but have control and can avoid leakage.
3. Strong urge – I have a compelling urge to empty my bladder, which means I have to find a toilet immediately in order to avoid leakage.

Amount of leakage

State whether you experience leakage: x = a few drops, xx = damp, xxx = wet.

Activity

State whether the leakage occurred in connection with you engaging in any type of activity, for example running, or coughing or lifting something, etc.