

Bladder diary

7 days · what you drink and what you pass · volumes in oz

Name _____ From _____ To _____

How to fill it in

1. **Write the time right away**, not at the end of the day.
2. **Drinks:** the amount on the cup, can or bottle. A guess is better than a gap.
3. **Urine:** measure with a jug or a collection “hat”. Not measured? Put a ✓ — the trip still counts.
4. **Night:** write when you went to bed and got up; tick Night for anything in between.
5. **Days:** most doctors ask for three complete days, some for seven. They need not be in a row.

Reading the columns

✓ in **Passed:** a trip without a measurement · ✓ in **Night:** between bed and getting up

Note: a strong urge, a leak and how much, a pad change · **Total:** optional

How much is in a...

cup **8 oz** · glass **8 oz** · can **12 oz** · small bottle **17 oz**

Example

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
7:20	8	coffee	11		
9:40			✓		<i>in a hurry, small leak</i>



Prefer the phone? The same diary as an app.

Two taps per entry, totals done for you, a PDF report at the end.
Free, no account.

Scan to open Bladder Diary: Fluid Balance on the App Store.

Based on the NHS frequency–volume chart (Gloucestershire Hospitals NHS Foundation Trust), the Urology Care Foundation bladder diary, ICS bladder-diary terminology and NICE guidance (a minimum of three days). Columns match the Bladder Diary: Fluid Balance app, so a paper diary and the app read the same way.

Day 1 of 7

Date _____ Went to bed _____ Got up _____

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
Total					Trips: day ____ · night ____

Day 2 of 7

Date

Went to bed

Got up

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
Total					Trips: day ____ · night ____

Day 3 of 7

Date _____

Went to bed

Got up

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
Total					Trips: day ____ · night ____

Day 4 of 7

Date

Went to bed

Got up

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
Total					Trips: day ____ · night ____

Day 5 of 7

Date

Went to bed

Got up

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
Total					Trips: day ____ · night ____

Day 6 of 7

Date _____

Went to bed

Got up

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
Total					Trips: day ____ · night ____

Day 7 of 7

Date _____

Went to bed

Got up

Time	Drank oz	What water, tea...	Passed oz or ✓	Night ✓	Note urge, leak, pad
Total					Trips: day ____ · night ____

Days recorded of 7. Bring all the sheets to your appointment. **Thank you**