

Keeping a Bladder Diary- Patient Information Leaflet

What is a Bladder Diary?

A bladder diary is a useful tool that can be used to record the number of trips the toilet to pass urine (wee), to measure the volume of urine passed and any episodes of wetness or leakage.

Day 1 Date: ____ / ____ / ____

Time	Drinks		Urine output (mls)	Bladder sensation	Pads
	Amount	Type			
6am					
7am					
8am					
9am					
10am					
11am					
Midday					
1pm					
2pm					
3pm					
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					
10pm					
11pm					
Midnight					
1am					
2am					
3am					
4am					
5am					

You will also be asked to record what you are drinking, how much, and when you are having your drinks.

Why is completing a bladder diary helpful?

A bladder diary can help your healthcare professional, as part of an assessment, to better understand how your bladder is working.

It provides information on the amount you drink, the amount of urine your bladder can hold, how often you pass urine, and any wetting or episodes of leakage.



It may also help identify if there are any patterns or links which contribute to your symptoms.

It is recommended to keep a diary of your bladder habits for at least 3 days, so you can give your healthcare professional as much information as possible, about your condition.



What do I need to complete the Bladder Diary?

You will need a plastic measuring jug to measure the urine you pass.



Some people find it helpful to measure the capacity of any mugs, cups, or glasses they use regularly, so it is easy to measure the volume you drink.



How do I complete the Bladder Diary?

Please complete this 3-day bladder diary by writing the following information in each column against the time.

In the time column, please write BED when you went to bed and WOKE when you woke up.

Drinks: write the amount you had to drink and the type of drink e.g., water, squash, coffee, tea

Time	Drinks	
	Amount	Type
6am		
7am		



Urine output: write the amount of urine you passed in millilitre's (mls) in the urine output column, day, and night.

If you pass urine but could not measure it, put a tick (✓) in this column.

If you leaked urine at any time, write LEAK here.

Urine output (mls)

Bladder sensation: write a description of how your bladder felt when you went to the toilet using the following numbers:

0- If you had no sensation of needing to pass urine, but passed urine just in case, due to going out or being unsure where the next toilet is

1- If you had a normal feeling to pass urine and no urgency. "Urgency" is different from normal bladder feelings and is the sudden feeling of wanting to pass urine. Urgency can make you feel as if you may leak if you do not pass urine in time.

2- If you had urgency but this feeling disappeared by the time you went to the toilet.

3- If you had urgency but managed to get to the toilet in time without leaking.

4- If you had urgency and could not get to the toilet in time so you leaked urine.

Pads: if you put on or change a pad put a tick (✓) in the pads column.

Pads

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Here is an example of how to complete the bladder diary:

Time	Drinks		Urine output	Bladder sensation	Pads
	Amount	Type			
6am WOKE			350ml	2	
7am	300ml	tea			
8am			✓	2	
9am					
10am	cup	water	Leak	3	✓

Bring the completed chart with you when you come to your next clinic appointment.

If there are any other points you think are important, please write them down on a separate piece of paper.

After your tests, the Consultant will discuss with you the results and any treatment of further appointments required.

Your GP will be sent a report within 2 working days.

References

Bladder Diary. Available at:
<https://coheshealthcare/wp-content/uploads/2025/08/Bladder-diary.pdf> Accessed
May 2026

Bladder Diary. Available at:
<https://www.bbuk.org.uk/wp-content/uploads/2024/08/Bladder-Bowel-UK-Bladder-Diary-leaflet-5.pdf> Accessed January 2025

Urinary Input and Output Chart (Bladder Diary)-
Information from The British Association of Urological
Surgeons (BAUS) about assessing fluid intake & output

Available at:
<https://www.baus.org.uk/userfiles/pages/files/patients/leaflets/Input%20output%20chart.pdf> Accessed January
2025

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