# Bladder Diary

Keep this diary accurately each day, for at least 3 days (if you can, make these 3 consecutive days). If you have not already spoken to your doctor or continence nurse about a bladder control problem, it could be helpful to take this diary with you to an appointment.

<table>
<thead>
<tr>
<th>Day and times passed urine, or times of any leakage episodes</th>
<th>Amount of urine passed</th>
<th>Did you feel the urge to go? Yes/No</th>
<th>Leakage episodes Small, Medium or Large and record times in left hand column</th>
<th>Fluid intake Note types of drinks &amp; amounts (record total of drinks over 24 hrs)</th>
<th>Bowel function check Record day/times when bowel motion passed</th>
<th>Notes about when you urinate or leakage happened (eg &quot;when I arrived home and put the key in the door&quot;, &quot;when I was out walking...&quot;, &quot;didn't feel like I emptied&quot;, or &quot;leaked before I got to the toilet&quot;, and similar. You could also list any drinks or foods you suspect might be irritating the bladder, and include comments about your diet or digestion, etc.)</th>
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* In the toilet, wee into a large plastic container, then tip into a measuring jug. Record the amount before flushing urine.
A Record open A of Record When Looking A Using a Continence Assessment to Monitor Urinary and Bowel Function

A bowel/bladder diary is also good for recording any issues you may have at home.

## Bowel Diary

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### Bowel Diary

1. **Toilet:** Record the time of any bowel movements with time of day and circumstances - such as if you had to strain, if motions were hard, etc.

2. **Amount:** Record the amount of urine passed or any diarrhoea that you drink (both solid and liquid). Record this in a bowel diary.

### Bladder Diary

A bladder diary is all about recording your important things...

- **Urinary Intake:** Record the type of fluids that you drink. Be aware that "fluids" also includes foods that are many fluids. Include at least 3 drinks a day. A bowl of tea/coffee would be one drink.

- **Urinary Output:** Record the moment of urine passed over 2 days and nights (make those 2 consecutive days if you can).

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- **Urinary Output:** Record the moment of urine passed over 2 days and nights (make those 2 consecutive days if you can).

A bladder diary will help you record the moment of urine passed every time you go to the toilet and every time you leak, and a bowel diary will help.

# Using a Bladder Diary or a Bowel Diary

To better characterise your bladder and bowel function, you will be asked about your individual experiences. Your therapist may ask you to keep a bowel/bladder diary. If you are unable to keep a diary, please contact your advisor.

A bowel/bladder diary may help you identify patterns that could be related to your condition. It will also enable you to keep track of your fluid intake and help you understand your symptoms.

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