

Examples of bladder diaries

Note – volumes quoted are your best estimate, especially if you have had an accident it can be hard to be certain how much urine is passed on each occasion. For drinks, you can get the volumes from the containers, or use a favourite cup or mug.

These examples assume you are not wearing protection or a collecting device. If you do wear protection, you can record either the volume in the collecting bag or whether the pad was wet enough to need changing. Note the size of pad you were wearing, because often people wear a much more absorbent pad overnight or for travelling, than they might do around the house.

Example Diary for Nocturnal Enuresis

Day	Time	Comments
Sunday 3 March	3am	Woke up and needed to go to the toilet
	4.30am	Wet bed!
	8:00 am	Woke normally and needed the toilet quickly
Monday 4th	1:00 am	Woke in wet bed
	5:00 am	Wet bed again.
	9:00 pm	250ml cocoa bedtime drink
	3:30 am	Damp pyjamas – woke up just in time.
	8:00 am	Woke up – dry.
	8:15 am	Breakfast – 300ml coffee, 150ml orange juice, 100ml milk on cereal.

Example Diary for Frequency/Urgency incontinence

Day	Time	Comments
Sunday 5 th March	7am	Woke up and needed to go to the toilet
	7.30am	Needed to go to the toilet again
	8:00 am	Breakfast – 300ml grapefruit juice and 200ml tea.
	8:15 am	Passed about 100ml
	8:25 am	Passed about 50ml
	9:00 am	Pants a little damp, passed about 50ml
	9:15 am	Dribbled a bit – changed pants
	9:40 am	Passed a few drops . Bladder feels very “jumpy”.
	... and so on ...	
	11:00	Elevenes – 300ml coffee
	11:30 am	Passed 200ml – pants wet and changed
	12:15 pm	Passed 100ml
	1:00 pm	Lunch – drank 300ml water, and 200ml chicken soup
	1:45 pm	Passed 200ml urine and had normal BM
	2:00 pm	Passed 50ml urine
2:10 pm	Wet pants – changed.	

Example Diary for Urgency

Day	Time	Comments
Sunday 6th January	7am	Woke up and needed to go to the toilet
	7.30am	Needed to go to the toilet again
	8:00am	Breakfast – 300ml Orange Juice and 250ml coffee
	8:45am	wet enough to change underwear, but voided in the toilet as well.
	10:25 am	Returned from shopping – soaked myself on the doorstep – complete change.
	11:15	250ml tea for elevenses
	12:45	Passed 150ml normally
	1:00	Lunch – 330ml beer
	3:00	Stood up from desk and started to wet before I could get to the toilet.