



**Ballarat Health Services  
Regional Continence Service  
Urinary Diary**

Name: \_\_\_\_\_ UR: \_\_\_\_\_

**Why do a urinary diary?**

A bladder chart is a written record of your fluid intake and output. It shows how much you drink each day, how much your bladder holds, how many times you pass urine each day and night, and it can be used to evaluate your treatment.

**What you need to do.**

Keep the bladder chart for 3 days (doesn't need to be consecutive days) even if you are only wet at night. Start a new section of the chart each morning when you get up, and continue throughout that day and night. This 24 hour period is 1 day.

**Input**

**Time:** In this column note the time you have a drink.

**Type of Fluid:** Each time you have a drink record the type of fluid e.g. tea, coffee, water, soup.

**Amount:** Each time you have a drink record the amount in cups or mls.

**Output**

**Time:** In this column note the time you passed urine.

**Amount Passed:** Measure the amount of urine you pass every time you go to the toilet and write the amount in this column. Use an ice cream container in toilet bowl then pour into a measuring jug.

**Degree of Incontinence:** Tick the column, which most describes the amount of urine leakage. If you are unable to measure your urine (e.g. while out shopping, visiting or at work) then just record the time and tick the amount column.

**Comments** Use this column to record anything you think influence your bladder, e.g. cold weather, laughing, coughing, standing up, running water.

If possible please complete this chart **BE HONEST AND ACCURATE**

Date: _____								
Input			Output					Comments
Time	Type of Fluid	Amount	Time	Amount Passed	Degree of Incontinence			
					Damp	Wet	Soaked	

Date:									
Input			Output					Comments	
Time	Type of Fluid	Amount	Time	Amount Passed	Degree of Incontinence				
					Damp	Wet	Soaked		

Date:									
Input			Output					Comments	
Time	Type of Fluid	Amount	Time	Amount Passed	Degree of Incontinence				
					Damp	Wet	Soaked		