



# Your bladder diary

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**To help you with your current symptoms, your physiotherapist needs to understand how your bladder is current working. Please fill in the attached bladder diary for two days.**

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## Instructions

Try to choose two days where you feel that you would most easily be able to complete a diary.

- Aim to start when **you first wake up on the first day** and continue for 48 hours. You should finish by recording the **first void after waking on the third day**.
- Each time you go to the toilet to pass urine write down:
  1. **The time**
  2. **Interval between wees** – How long since you last went to the toilet, e.g. 2 hours
  3. **Rate how strong the urge is to pass urine (0-4)**
    - 1 = sensation of urine but no desire to empty bladder e.g. could hold on for 1 hour
    - 2 = mild to moderate desire to empty bladder e.g. could hold on for 30 minutes
    - 3 = strong desire to empty bladder e.g. unable to hold on for 15 minutes
    - 4 = urgent desire to empty bladder e.g. unable to hold on for 5 minutes
  4. **Did you leak on the way to the toilet?**
    - No
    - Yes – small amount e.g. few drops
    - Yes – moderate amount e.g. wet patch in underwear
    - Yes – large amount e.g. outer clothes are also wet
  5. **Volume of urine (wee) passed or bowels opened**
    - Urine: Measure the amount of urine in millimetres (mls)
    - Bowels: Write “BO” (bowels open) – you are not expected to measure the amount of urine you pass at the same time.

## Fluid intake section:

1. **Time** e.g. 9.45am, 3.30pm
2. **Type** e.g. coffee, water, juice etc.
3. **Amount** e.g. 1 cup or 200mls

**Please ask if you need this information in another language or format.**

Jenni Churches, RBFT Specialist Physiotherapist Pelvic Health and Maternity, March 2026  
Next review due: March 2028

