

48 Hour Bladder Diary

- Please choose 2 consecutive days where you feel that it be easy to complete the diary
- You will need a measuring cup to measure your urine output (Daiso)
- Please start the diary from the time that you wake up in the morning on the first day continue the diary for the **next 48 hours, including the first pee of the morning on the 3rd day.**
- Each time that you go to the toilet and pass urine collect it in the measuring cup. Record the volume and discard as usual.
- Each time you need to go to the toilet please record:

1. The time you went to the toilet e.g. 9.30am

2. Rate how strong your urge to pass urine was from 0-4

| | | |
|---|---|-------------------------------|
| 0 | No Sensation of urine in bladder at all | e.g. Could delay indefinitely |
| 1 | Sensation of some urine but no desire to void | e.g. could delay 1hour |
| 2 | Mild-Moderate Desire to void | e.g. could delay 30min |
| 3 | Strong Desire to Void | e.g. couldn't delay >15min |
| 4 | Urgent Desire to Void | e.g. unable to delay 5min |

3. Did you leak on the way to the toilet?

| | |
|----------|-----------------------------|
| No | |
| Yes- s/a | e.g. a few drops, 20c piece |
| Yes- m/a | e.g. underwear quite damp |
| Yes- l/a | e.g. wet outer clothes |

Can also quantify by referring to Singapore coin size. If you wear a pad/liner: weigh a dry pad/liner and minus from the weight of a wet pad/liner

4. Triggers- what were you doing at the time? Sneezing, coughing, bootcamp-which exercise, climbing stairs, at a playdate etc...

5. Volume of Urine Passed / Bowels Opened

Urine: Measure the amount of urine in mls

Bowels: Write "BO" (bowels opened). Don't measure your urine passed with your bowel motion.

6.Fluid section

a. Time e.g. 9.45am, 3.30pm

b. Amount: e.g. 1 cup, 200mls

c. Type e.g. coffee, water, juice, tea

