

## THE BLADDER DIARY

### Reasons to use a bladder diary:

- To determine the 24 hour fluid input and output and voiding patterns
- To help development of a management plan
- To help measure the effectiveness of a management program.

### How to use a bladder diary

Record a full 48-72 hour (2-3 day) diary.

If even one void in the 24 hour period is omitted, the diary can be misinterpreted. If it is impractical to measure all volumes for greater than 24 hours, complete an accurate 24 hours only, and record the number of voids and leakage episodes for several days after that.

### Bladder diary analysis may indicate:

- Daytime frequency
- Nocturia
- Total, timing and type of 24 hour fluid intake
- Maximum and minimum voided volumes and intervals
- Total 24 hour output. Urine output should be 1500-2500 ml
- Nocturnal polyuria
- Leakage episodes
- Potential dehydration/excessive hydration

