



INTERPRETING THE BLADDER DIARY

Is it Complete?

- A fully completed bladder diary spans **a 72 hour period**.
- Check the **Bed time** column is complete with 'wake' and 'sleep' for **all 3 days**. If patient is unsure, use the usual times.

Key data to calculate

24hVV	24 hour Voided Volume	=	total volume of urine outputs for each day
NVV	Nocturnal Voided Volume	=	total volume of urine outputs from nocturia episodes (between Bed & Wake time) + the first volume on waking
NPi	Nocturnal Polyuria index	=	(average NVV / average 24hVV) x 100

Columns		Analysis	Diagnosis / Assessment
Drinks	Amount	Identify the 24 hours with the most volume of fluid consumed If >2L of fluid consumed in 24 hours	Fluid contributions to nocturia
	Type	If >2 caffeinated or alcoholic drinks 4 hours before bed	
Urine Output	Volume	Calculate the average 24hVV If the average 24hVV > 2,800ml	Polyuria
	Nb of times	If sleep is interrupted to pass urine	Nocturia episode
Bed time	 Volume	1/ Calculate the average NVV 2/ Calculate the average 24hVV 3/ Calculate NPi If NPi > 33%	Nocturnal Polyuria
Bladder Sensation	 Volume	If the bladder sensation is often ≥ 3 & urine passed <250ml	Overactive bladder