

Modified ICIQ BLADDER DIARY

Why & how long?

This diary aims to **record how much liquid you drink & urinate** on an hourly basis during **3 consecutive days (72 hours)**.

What will I need?

1. **A simple cup (around 250 ml)** to measure how much you drink
2. **A 500ml (half a litre) measuring jug** to collect & measure how much you urinate (urine output)

How to fill in the Bladder Diary?

Name & date

Write your name & date at the top of each page of the diary

Columns

Drinks		Urine Output		Bladder sensation	Bed time
Amount (ml)	Type	Volume (ml)	Number of times		



See next page



Drinks

In the column **Type**, write what you drink. In the column **Amount (ml)** write how much of it you drink (you can use a cup to measure your drinks).

If you have 2 drinks in that hour, just put the 2 volumes in the relevant box.

Time



You do not need to specify the minutes past the hour when you drink, pee, wake up or go to bed. The hour during which these occurred is sufficient.

Urine Output

In the column **Volume (ml)**, write the volume of urine that you passed (you can pee straight into the measuring jug OR you could pee into another container & empty that into the measuring jug to get the volume). In the column **Number of times**, write how many times you urinated.

If you have 2 pees in that hour, just put the 2 volumes in the relevant box.

If you passed urine but couldn't measure it, **put a tick ✓** in this column.

If you leaked urine at any time write **LEAK**.

Bed time

In the column **Bed time**, write **WOKE** when you woke up & **BED** when you went to bed.

This is **essential** for the diary to be analysed, so **please ensure this is filled**.

You do not need to make a note if your main sleep is interrupted (for example, waking to have a pee).

You do not need to write anything if you have an afternoon nap.

Bladder Sensation

0	If you had no sensation of needing to pass urine , but passed urine for “social reasons”, for example, just before going out, or unsure where the next toilet is.
1	If you had a normal desire to pass urine & no urgency .
2	If you had urgency but it had passed away before you went to the toilet
3	If you had urgency but managed to get to the toilet, still with urgency, but did not leak urine .
4	If you had urgency & could not get to the toilet in time so you leaked urine .

Urgency is different from normal bladder feelings & is the sudden compelling desire to pass urine which is difficult to defer, or a sudden feeling that you need to pass urine & if you don't you will have an accident.

EXAMPLE

- You woke up at 6am
- You drank a 250ml cup of tea at 7:15 am
- You peed 350ml once in that hour & felt you had urgency but it had passed away before you went to the toilet.
- At 8:50 am you passed urine but could not measure it.
- At 9 am you had a half cup of coffee and then at 9:45am a whole cup of water.
- At 10:25 you leaked urine and could not measure it

Time	Drinks		Urine Output		Bladder sensation	Bed time
	Amount (ml)	Type	Volume (ml)	Number of times		
6 am						WOKE
7 am	250	Tea	350	1	2	
8 am			✓	1		
9 am	125 + 250	Coffee, water				
10 am			Leak	1	4	

NAME: _____

DAY 1: / /

Time	Drinks		Urine Output		Bladder sensation	Bed time
	Amount (ml)	Type	Volume (ml)	Number of times		
6 am						
7 am						
8 am						
9 am						
10 am						
11 am						
Midday						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm						
7 pm						
8 pm						
9 pm						
10 pm						
11 pm						
Midnight						
1 am						
2 am						
3 am						
4 am						
5 am						

NAME: _____

DAY 2: / /

Time	Drinks		Urine Output		Bladder sensation	Bed time
	Amount (ml)	Type	Volume (ml)	Number of times		
6 am						
7 am						
8 am						
9 am						
10 am						
11 am						
Midday						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm						
7 pm						
8 pm						
9 pm						
10 pm						
11 pm						
Midnight						
1 am						
2 am						
3 am						
4 am						
5 am						

NAME: _____

DAY 3: / /

Time	Drinks		Urine Output		Bladder sensation	Bed time
	Amount (ml)	Type	Volume (ml)	Number of times		
6 am						
7 am						
8 am						
9 am						
10 am						
11 am						
Midday						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm						
6 pm						
7 pm						
8 pm						
9 pm						
10 pm						
11 pm						
Midnight						
1 am						
2 am						
3 am						
4 am						
5 am						