



Bladder diary

If you're bothered by issues related to using your bladder (e.g. wee leakage or needing to wee quickly or often), you can use a bladder diary.

A bladder diary is used to record information about how your bladder is working, which can be helpful when discussing any issues with your health professional.

The diary helps you to record:

- what and how much you drink
- how often you wee
- the amount of wee you pass each time
- any leaking or urgency
- pain you feel before, during or after you wee.

Record this information over 3 days to get a clear picture of what is happening during the day and overnight. You don't need to record 3 days and nights in a row.

You can print multiple copies of the bladder diary.

If you have symptoms on certain days (e.g. workdays), record information on at least one of these days.

Using the bladder diary

- Start your diary in the morning.
- Day and date – complete the day and date for each day you are recording.
- Time – record the time when you drink and go to the toilet.
- Drinks – record the type of drink you had (e.g. coffee, water, juice) and the amount in mls.
- Wee – wee into a measuring jug (or into a container and pour your wee into a measuring jug afterwards), then record the amount in mls.
- Leaks – if you leak, record how much wee you think you leaked onto your underwear or pad.
- Urgency/Pain – rate your urgency/pain from 0 (no urgency/pain) to 3 (extreme urgency/pain).
- Comments – note any additional information.

More information

For more information about urinary incontinence, visit jeanhailes.org.au/health-a-z/bladder/urinary-incontinence

Bladder diary

Time	Drinks		Wee	Leaks			Urgency/ Pain (0-3)	Comments
	Type	How much? (in mls)	How much? (in mls)	How much?				
				Less than 50-cent coin	More than 50-cent coin	Need pad change		
7:00 am			300 ml	✓			Urgency 2	Leaked on way to toilet
7:30 am	coffee	200 ml						
		Drinks total:	Wee total:					



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Disclaimer: This information does not replace medical advice. If you are worried about your health, talk to your doctor or healthcare team.

We write health information for people with diverse backgrounds, experiences and identities. We use the term 'women', but we acknowledge that this term is not inclusive of all people who may use our content.

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