



Your bladder diary

A bladder diary is a way of recording your daily habits so that your healthcare professional such as a GP or nurse, can get a picture of how much you've been drinking, how often you go to the toilet and how urgent it is when you go. Information is recorded for 3 days in a row.

The Urgency Perception Scale (UPS)¹

Urgency is a sudden desire to pass urine that can't be put off. The scale assesses the severity of your urgency symptoms. Write a number from 1-3 for each day in your diary:

Reference:

1. Cardozo L. *et al.* BJU Int. 2005;95(4):591-6.

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1 Hold, finish task

I am usually able to finish what I am doing before going to the toilet

2 Hold, but hurry

I am usually able to hold urine until I reach the toilet if I go immediately

3 Unable to hold

I am usually not able to hold urine

This diary can be printed.

Please ensure that you print this material with the following specifications: On A4 paper. One page to be printed per piece of A4 paper double sided.



Date:

	What did you drink today?	Tick each time you urinate	Any strong sudden urges?	UPS score (1-3)	Did you wake up at night to urinate?	Did you get to the toilet in time? Write 'N' if not	How did you feel today?
Example	6 x cups tea 4 x glasses water 1 x orange juice 2 x glasses wine	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓	2	✓ ✓ ✓ ✓ ✓ ✓	N N N	Felt OK today but got up a lot during the night, which was frustrating.
Day 1							
Day 2							
Day 3							