**My Bladder Diary Date: …………………**

**Name: …………………………………..**

**Date of birth: ………………………. NHS number: ……………………….**

**Patient Instructions: Record how much you drink (intake) and how much urine you pass (output)**

 **Do this for a minimum of 3 days and nights (they do not have to be 3 days in a row)**

 **Pick days which will be convenient for you to measure and record everything**

 **Use a plastic jug which measures in millilitres (mls) or ounces (oz)**

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| --- | --- | --- | --- | --- | --- |
| **Day****Date Time** | **Input**(mls or cups) | **Output**(mls or amount) | **Incontinence**(no/drops/damp/soaked) | **Urgency**1-5 (Very – Not Urgent) | **Comments** |
| 17/5/20147am | 200mls or cup of tea | 100mls or small amount | Damp | 1 - very urgent | Running |
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