# Bladder diary

Keeping a bladder diary helps us to make an assessment of how your child's bladder is working and gives us an idea of:

- the amount your child drinks
- the amount of urine your child's bladder can hold
- how often your child passes urine.

## How to complete the 48 hour bladder diary

- Fill in the bladder diary as carefully as possible for **two convenient days** (preferably not school days). For this 48hr period, your child should drink and go to the toilet as they normally would (without prompting). If your child goes "just in case", before going out for example, note this down too.
- For each day record what and how much your child drinks (in millilitres) and when they drink it.
- Catch the urine and use a measuring jug to measure the amount of urine your child passes (or put marker measurements on the side of an empty plastic bottle).
- Record the amount on the chart and the approximate time.
- Each time your child passes urine please describe how urgently your child had to get to the toilet e.g. **Y**es very urgent, **N**o urge, could **W**ait.
- If your child has an accident, mark the appropriate column with 'wet' or 'damp' and indicate the time of day.

An example is below:

| Time | Intake (drink) and type | Output (urine) | Wet or Damp? | Urgent? Yes, No, could Wait | Comments |
|---|---|---|---|---|---|
| 7am | | 150mL | √ | N | Wet the bed overnight |
| 8am | Milk 200mL | | | | |
| 10:20 am | Water 120mL | | | | |
| 11 am | | 90mL | √ Damp before toilet | Y | |
| **12pm** | | | | | |
| 1:30 pm | Juice 150mL | | | | |
| 3pm | | 110mL | | W | |

# DAY 1

| Time | Intake (drink) and type | Output (urine) | Wet or Damp? | Urgent? Yes, No, could Wait | Comments |
|------|-------------------------|----------------|--------------|------------------------------|----------|
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
| 12pm |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |

# DAY 2

| Time | Intake (drink) and type | Output (urine) | Wet or Damp? | Urgent? Yes, No, could Wait | Comments |
|------|-------------------------|----------------|--------------|------------------------------|----------|
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
| 12pm |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |
|      |                         |                |              |                              |          |

# My Weekly Bladder Record

Keeping a record of wet and dry days is important to monitor your child's progress as improvements may occur slowly. Seeing the changes not only helpful for you, but allows your doctor or continence professional to monitor the success of the strategy used. Reward improvements (however small) with plenty of praise.

| Starting Date | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| ☺ Dry | | | | | | | |
| 😐 Slightly Wet / Damp | | | | | | | |
| ☹ Very Wet | | | | | | | |

| Starting Date | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| ☺ Dry | | | | | | | |
| 😐 Slightly Wet / Damp | | | | | | | |
| ☹ Very Wet | | | | | | | |

| Starting Date | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| ☺ Dry | | | | | | | |
| 😐 Slightly Wet / Damp | | | | | | | |
| ☹ Very Wet | | | | | | | |

| Starting Date | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| ☺ Dry | | | | | | | |
| 😐 Slightly Wet / Damp | | | | | | | |
| ☹ Very Wet | | | | | | | |