

The nurse and doctors realise that you may find it difficult to talk about the problems you are having with your bladder, but by finding the possible cause, an action plan can be developed to improve the symptoms you are experiencing.

EXAMPLE

Time	Day 1 Date...23 rd June			
	Drinks	Urine	Leakages	Bowels
6 am		300mls	S	
7 am	200mls Tea	50mls		✓
8 am				
9 am	100mls Coffee			
10 am				
11 am		150mls	D	

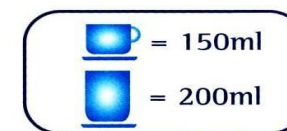
This chart is designed to help assess how your bladder functions at home, work or any place you happen to be over the period of time you are recording.

By filling in this form correctly you will help us diagnose the probable cause of your bladder problem.

Time shows the hours over a 24-hour period. You will be expected to complete your chart for three days

Drinks

This column is to measure how much you normally drink and the types of drinks. Please record your *usual normal* fluid intake – don't increase it just for the test. We want to know what is normal for you.



Urine

This column is to measure how much urine you pass. By measuring how much urine you pass each time you go to the toilet is excellent in establishing how much urine your bladder can hold. We suggest using an old jug or container or tray & keeping it in the toilet.

Please do try your best to measure as this helps us to diagnose a cause of your problem but if this proves too difficult to do, especially at work or overnight, put a tick each time you pass urine or got up out of bed to pass urine.

Leakages

This column allows you to record how much urine leaks out beyond your control. We need to know how wet you are –

Damp – just a few drops of urine;

Wet – your underwear or pad is wet;

Soaked – your underwear & outer clothing are very wet.

D = Damp
W = Wet
S = Soaked

Don't forget to bring a list of your current medication

We look forward to seeing you.