



Your bladder diary

To help understand how to treat or better manage your bladder control, a health professional may ask you to keep a bladder diary.

A bladder diary is a record you keep of when and how much urine (wee) you passed or leaked during the day and overnight. When you record this information over a few days, you may start seeing patterns.

These patterns may help work out what is causing the problem or how to better manage it. For example, you may only be having problems during certain parts of the day or night, or after certain drinks.

Your doctor, nurse continence specialist or pelvic health physiotherapist will use this information as part of your continence assessment.

How do I fill in a diary?

- ⇒ Record information for at least three days in a row.
- ⇒ Choose carefully which part of the week you record. For example, patterns during the weekends may be different to your weekdays.
- ⇒ Follow the example given at the top of the diary to help you fill it out correctly.
- ⇒ Write in the diary when you wake up at the start of each day and when you go to bed.
- ⇒ **Drinks/fluid intake (how much drinks/fluid you have)**
 - Record the type of fluids you drink and how much.
 - Include foods that are mainly liquid, such as soups, jellies and custards.
 - To help you measure, fill your favourite tea/coffee cup or glass. Once full, pour the drink or fluid into a measuring jug to give you an idea of the amount that cup or glass holds in millilitres (ml). Now continue to use the same type of cup and glass to know the measurement.
- ⇒ **How much urine passed**
 - Measure and record how much urine you passed in the toilet. Use a large plastic container and place it directly into the toilet bowl to catch your urine. Then tip the urine into a measuring jug to measure the amount.
 - Once you have recorded how much urine you passed, tip the urine back into the toilet bowl to flush.
- ⇒ **What happened at the time of the leak?**
 - Describe where you were and what you were doing at the time you leaked urine. For example did you:
 - leak when you coughed, or while lifting a heavy object or exercising?

- leak when you arrived home, put the key in the door and had to rush to the toilet?
- leaked as you stood up from getting out of bed?
- not realise you leaked at the time?

What is a continence assessment?

In a continence assessment, your health professional will ask you a few questions, do a physical check and may ask for more tests to be done.

Based on the results of your assessment, they will then prepare a plan for you to help treat or better manage your bowel issue. The plan can include:

- ⇒ changes to your diet or fluid intake
- ⇒ pelvic floor muscle exercises
- ⇒ changes to your medications.

Other fact sheets

- ⇒ [Good bladder habits for everyone](#)
- ⇒ [Healthy diet and bowels](#)
- ⇒ [Pelvic floor muscle exercises for men](#)
- ⇒ [Pelvic floor muscle exercises for women](#)
- ⇒ [Continence products](#)

More information and advice

The Continence Foundation of Australia is the national peak body for continence prevention, management, education, awareness, information and advocacy
Website continence.org.au

The National Public Toilet Map shows the location of public and private toilet facilities across Australia
Website toiletmap.gov.au

Call the National Continence Helpline on 1800 33 00 66 (free call)

Speak with a nurse continence specialist for free and confidential advice on resources, details for local continence services, products and financial assistance.

For more information, you can also visit:

continence.org.au
toiletmap.gov.au
health.gov.au/bladder-bowel

