

Bladder/Bowel Diary

Name: _____

Day and Date: _____

Time of Day	Fluid Intake Type and amount in mls Food intake / Medications	Amount voided in secs Sml/med/large	Amount of leakage Sml/med/large	Activity with leakage and Was urge present?	Bowel movement Stool type Comments
0600					
0700					
0800					
0900					
1000					
1100					
1200pm					
1300					
1400					
1500					
1600					
1700					
1800					
1900					
2000					
2100					
2200					
2300					
1200am					
0100					
0200					
0300					
0400					
0500					

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Instructions for completing bladder/ bowel diary

Complete your diary for 3 consecutive days.

Write down everything you eat and drink, including any medication you take and record the time you do so (approximately).

- When you go to pass urine, note the time in seconds it takes from the start of the pee to the end (or record that it was a small, medium or large amount).
- Write down any times that you leak urine involuntarily and record what happened to cause you to leak – i.e. ‘jumping’, ‘on the way to the toilet’
- Note if it was a small (few drops on underwear), medium (enough to wet your underwear), large (enough to wet through your outer clothes) amount.
- ‘Was urge present?’ i.e. did you feel like your bladder was full when the leak occurred?
- If you pass a bowel movement write it down at the time it happened.
- Pick your stool type 1-7 from the Bristol stool chart below and/ or comment on whether you felt that you emptied to completion or if it was difficult to pass or to clean yourself after or if it was difficult to hold on to.
- If you have a problem with leaking at night, write down what time you wake at and whether you wake up wet or dry.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid