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BLADDER DIARY INSTRUCTIONS

A bladder diary is a 24 hour period recording of your child's fluid intake and urine output. The information obtained can be helpful to Dr Ee in understanding your child's fluid balance, urinary frequency, functional bladder capacity and many other aspects important to bladder function.

Dr Ee may ask that you complete a bladder diary to evaluate your child's urinary frequency, urgency and incontinence. You may also choose to complete a diary before your child is seen about a bladder problem. A bladder diary can indicate to any dietary or behavioural factors that may be contributing to your child's bladder symptoms.

How to complete the diary;

1. Begin and end the diary at the same times each day, i.e. if you start at 7am end it at 7am the following day.
2. Record the fluid intake to your best estimate. You do not have to measure every drink if you know the size of the bottle or cup you are using, estimate to closest 20-30mls.
3. Measure urine output with a large plastic measuring jug or container with at least a 500mls capacity. Your child should urinate into the container. Rinse the jug and keep next to the toilet until the diary is complete.
4. Bladder diaries are most helpful when every intake and output is recorded in a 24 hour period, try and be as accurate as possible.
5. The duration of the diary should be 2 to 3 days and they do not need to be consecutive days. Print as many pages as you need to cover this period.

