







3-Day Bladder Chart

Name: _____

Date chart started: _____

Time	Day 1			Day 2			Day 3		
	Fluid Input cups/glasses 	Fluid Output (mls) 	SI or UI	Fluid Input cups/glasses 	Fluid Output (mls) 	SI or UI	Fluid Input cups/glasses 	Fluid Output (mls) 	SI or UI
<i>Example</i>	<i>Tea x2 cups</i>	<i>200ml</i>	<i>SI</i>	<i>Milk x1 glass</i>	<i>100ml</i>	<i>SI</i>	<i>Water x3 glasses</i>	<i>250ml</i>	<i>SI</i>
07am									
08am									
09am									
10am									
11am									
12 midday									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									
9pm									
10pm									
11pm									
12 midnight									
01am									
02am									
03am									
04am									
05am									
06am									

Key: SI = Stress Incontinence UI = Urge Incontinence (see instructions overleaf)

Filling in your bladder chart

Please complete this chart over three days. If you do not have the time during the week, you can complete the chart over a few weekends (when at home). This and other tests help your doctor make a diagnosis and keep an eye on your response to treatment. In order to gather the appropriate information, it is important you record how much you drink and how often you pass urine. Using the chart and the instructions below, please record both the volume of what you are drinking and the volume of urine you are passing.

Fluid Input

Write down the number of cups / glasses of liquid you drank in that hour.

Fluid Output

You will need a cheap plastic measuring jug to measure your urine output in millilitres (mls).

Try to complete the chart throughout the night as well. If you are out and about or at work, complete the output column with an estimation of urine passed with the following key:

(S) small amount passed

(M) medium amount passed

(L) large amount passed

SI or UI

If you experience any episodes of urinary incontinence (leakage), please document them under the SI / UI column.

Stress Incontinence (SI) = leaking urine when sneezing, coughing, laughing, jumping, etc.

Urge Incontinence (UI) = leaking urine when you have a strong urge to go and you do not reach the toilet in time.

Please remember to bring your completed chart to all future appointments. If the specialist physio or nurse wants the chart, please ask for a copy to take to your gynaecology doctor. Thank You!