

PHYSIOTHERAPY DEPARTMENT
Bladder record chart (frequency and volume)



Name:

DOB/CHI:

TIME	DATE:			
	INTAKE (ml)	URINE (ml)	LEAKAGE	COMMENTS
6.00am				
7.00am				
8.00am				
9.00am				
10.00am				
11.00am				
12.00noon				
1.00pm				
2.00pm				
3.00pm				
4.00pm				
5.00pm				
6.00pm				
7.00pm				
8.00pm				
9.00pm				
10.00pm				
11.00pm				
12.00night				
1.00am				
2.00am				
3.00am				
4.00am				
5.00am				
TOTAL				

Physio signature:

Print:

HOW TO COMPLETE YOUR BLADDER RECORD CHART

INTAKE When you have a drink, record in this column opposite the appropriate time. Document what you are drinking and how much, e.g. can of cola, cup of tea, bottle of water, glass of wine. If you know the amount, write this down too e.g. 330mls cola, 250mls coffee.

URINE Pass urine into a measuring jug, and record the amount in millilitres in this column opposite the appropriate time. Do not add up your volumes every hour, document every single visit to the toilet.

LEAKAGE Place a "W" for wet in this column every time you have any leakage. This includes one drop or enough to wet your clothes.

COMMENT Document any other relevant information here. For instance, why you leaked e.g. coughed, sneezed, didn't make it in time, how wet you were when you leaked, pad changes, how wet the pad was, any urgency, bedtime etc.

HOW TO HELP IMPROVE YOUR BLADDER

Bladder training works by gently stretching the bladder muscle so that it learns to relax more as the bladder fills. Bladder training has been shown to work well but you will need to persevere with it.

Look at your bladder record.

- Add up the total fluid intake (eg 1 litre).
- Count the number of times you go to the toilet in 24 hours (eg. 8 times).
- Note the largest and smallest amounts of urine you have passed (eg. 400mls and 50mls).

What do I do next?

If you are drinking considerably less or more than the recommended amount (approx 1.5 - 2 litres per day), you are passing urine more than 8 times in 24 hours or you are passing small amounts of urine (less than 200mls) follow this advice.

- Drink 1.5 – 2 litres fluid per day.
- When you feel the urge to go to the toilet, try to hold on for a few minutes to start with. Increase this time as your bladder improves.
- You can help do this by
 - Sitting on a firm surface, like a hard chair, or step.
 - Try squeezing your pelvic floor muscles
 - Cross your legs
 - Stand on your tiptoes
 - Distract yourself by thinking of something else.
- Try to gradually increase the time between visits to the toilet.

Over the next few weeks you should gradually increase the time between your visits to the toilet. Eventually you should aim to pass urine 6 or 7 times per day without any leaks. Be patient! It is the repeated effect of a small stretch that makes a lasting difference.

This leaflet from the British Association of Urological Surgeons may help too [BAUS Bladder Training Leaflet](#).