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*Our preferred method of receiving is by **Argus***

This "bladder diary" is used to assess how much fluid you drink, to measure your urine you make, to record how often you pass urine over 24 hours and to show any episodes of urine leak.

You should fill in the chart as accurately as possible over three days.

You will need a measuring jug to measure the urine you pass. You could measure how much your cup holds to make it easier to estimate how much you are drinking.

Every time you have a drink, make a note of how much it is (in mL if possible) and enter this value in the “IN” column and note the time. Try to record every drink, day and night. Record the type of drink (water, squash, coffee, tea, beer etc) in the “TYPE” column because this can help us identify any triggers for your symptoms.

Each time you pass urine, collect it in your measuring jug, measure the amount (in mL, if possible) and record it in the “OUT” column and note the time. If, for any reason, you are not able to measure how much urine you have passed, simply put a tick in the appropriate “OUT” box.

If you have any urine leakage by night or day, mark the box under the column heading “WET” against the appropriate time slot. You can add mild, moderate of severe.

Input/Output Day One

Time	Type	In	Out	Wet

Input/Output Day Two

Time	Type	In	Out	Wet

Input/Output Day Three

Time	Type	In	Out	Wet