

Bladder diary assessment form

Patient's name _____ Date of assessment _____

Suspected accuracy of the record

very good _____ moderately good _____ poor _____ unknown _____

May be listed as a range. * = should be calculated mathematically

	Patient's results	Normal values
24-hour frequency		5-7/day
Nocturia		Older: 1 - 2 x / night Younger: 0 - 1 x / night
Daytime frequency		
Average voiding interval		2 to 5 hours Older: 2 - 3 hrs between Younger: 3 - 4 hrs voids
Minimum voiding interval		
Maximum voiding interval		
Average voided volume		Common daily void: 6 to 10 oz/void (6 oz = 1/2 full)
Minimum voided volume		
Maximum voided volume		First morning void / full bladder: 10 to 20 oz
24 hour urine volume *		See global polyuria below
Nocturnal voided volume (NUV)*		sum of all nocturnal voids and first AM void
Nocturnal voiding index * = $\frac{NUV}{24 \text{ hr urine volume}} \times 100$		Less than 20 to 35%
Total incontinence episodes		
Small leaks		
Medium leaks		
Large leaks		
Cause of leakage		
Total fluid intake		48 to 64 total fluid oz
Irritants (caffeine, alcohol)		
Timing of fluid intake		Evenly spaced
Proposed diagnosis		Stress, Urge, Mixed, Obstructed voiding

Global polyuria

Patient's weight	24 hr urine vol over
132 lbs	82 oz
154 lbs	94 oz
176 lbs	108 oz
198 lbs	123 oz