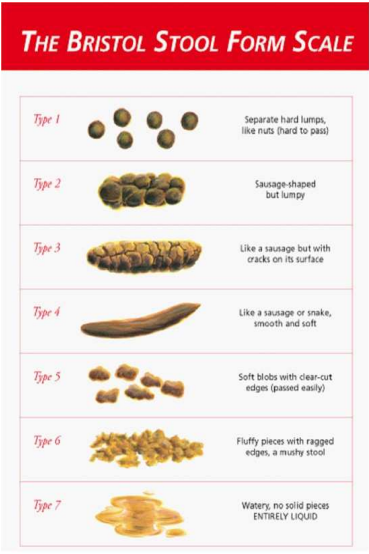


**Contact Us:**  
Pelvic, Obstetric and Gynaecological Physiotherapy Team:  
Phone: 01932 722547

Below is an example of how to complete the bladder diary:

Time	In	Out	Wet	Urgency	Stool
07.00		300 mls	x	D	
08.00	200mls Tea				4 C
09.00					
10.00		200 mls	X	C	
11.00	300 mls water				
12.00		50 mls		A	
13.00	100mls coffee				



**Bristol Stool Form Scale**

- Type 1 - Separate hard lumps like nuts (hard to pass)
- Type 2 – Sausage shaped but lumpy
- Type 3 – Like a sausage but with cracks on its surface
- Type 4 – Like a sausage or snake, smooth and soft
- Type 5 – Soft blobs with clear cut edges (passed easily)
- Type 6 – Fluffy pieces with ragged edges, a mushy stool
- Type 7 – Watery, no solid pieces ENTIRELY LIQUID

**DEPARTMENT OF PHYSIOTHERAPY**  
Pelvic, Obstetric and Gynaecological Physiotherapy Team

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_  
**Hospital Number:** \_\_\_\_\_

Keeping this diary helps us to make an assessment of how your bladder and bowel is working and gives us an idea of the amount you drink, the amount of urine your bladder can hold, how often you pass urine, when you open your bowel and what type of stool you pass.

**How to complete your bladder and bowel diary**  
Fill in the diary as carefully as possible for three days in the week. 2 work days and one weekend.

- For each day record what and how much you drink (in mls), and when you drink it.
- Use a small jug to measure the amount of urine you pass. Record the amount on the chart. Then wash with the flush water and store in plastic bag ready for next time
- If you leak urine, tick the column marked 'wet'.

Every time you pass urine, please put a letter on the chart from the list below that describes how urgently you had to get to the toilet:

- A.** I felt no need to empty my bladder/bowel, but did so for other reasons.
- B.** I could postpone voiding (emptying my bladder/bowel) as long as necessary without fear of wetting myself or opening my bowel.
- C.** I could postpone voiding for a short while, without fear of wetting Myself/opening my bowel.
- D.** I could not postpone voiding, but had to rush to the toilet in order not to wet myself and loose control of my back passage.
- E.** I leaked (urine or faeces) before arriving to the toilet

Please let us know when you open your bowel (tick next to time) and how urgent you were to open them (A-E) and what type of stool (1-7 on Bristol Stool chart) .

DAY 1 - DATE _____					STOOL
Time	In	Out	Wet	Urge	Type/Urge
07.00					
08.00					
09.00					
10.00					
11.00					
12.00					
13.00					
14.00					
15.00					
16.00					
17.00					
18.00					
19.00					
20.00					
21.00					
22.00					
23.00					
00.00					
01.00					
02.00					
03.00					
04.00					
05.00					
06.00					
Total					

DAY 2 - DATE _____					STOOL
Time	In	Out	Wet	Urge	Type/Urge
07.00					
08.00					
09.00					
10.00					
11.00					
12.00					
13.00					
14.00					
15.00					
16.00					
17.00					
18.00					
19.00					
20.00					
21.00					
22.00					
23.00					
00.00					
01.00					
02.00					
03.00					
04.00					
05.00					
06.00					
Total					

DAY 3 - DATE _____					STOOL
Time	In	Out	Wet	Urge	Type/Urge
07.00					
08.00					
09.00					
10.00					
11.00					
12.00					
13.00					
14.00					
15.00					
16.00					
17.00					
18.00					
19.00					
20.00					
21.00					
22.00					
23.00					
00.00					
01.00					
02.00					
03.00					
04.00					
05.00					
06.00					
Total					