**24 hour Bladder diary**

Instructions

1. Fill in the table for one single 24 hour period
2. Choose a day that you are at home doing normal activities and drinking your usual volumes and fluid types
3. Record the time and volume of each void
4. Start at 8am and finish at 8am the following day
5. Use a kitchen measuring jug to measure the urine volume then discard it in the toilet once recorded
6. Do not record fluid intake
7. Bring this to your appointment or email/post/ fax it to Mr Thyer’s rooms before attending

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| Time (Use 24 hr clock) | Volume (mL) |
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