

Bladder diary interpretation

Female means (extrapolated from scatter plots in Amundsen 2007)

V24 →	1000 / 4c	1500 / 6c	2000 / 8c	2500 / 10.5c	3000 / 12.5c	Range
Vavg	180	225	275	300	350	180-350
Vmax	400	480	580	650	725	400-725
F24	6	6.8	7.5	8	8.5	6-8.5

Age →	20	30	40	50	60	70	80	Mean Range	Overall mean
V24	1250	1500	1750	1900	1850	1750	1500	1250-1900	1250-1900
Vavg	200	225	250	250	245	230	215	200-250	180-350
Vmax	400	485	525	530	515	485	385	400-530	400-725
F24	6.5	6.8	7	7	7.3	7.7	7.9	6.5-8	6-8.5

Male means (extrapolated from scatter plots in Tissot 2008)

V24 →	1000 / 4c	1500 / 6c	2000 / 8c	2500 / 10.5c	3000 / 12.5c	Range
Vavg	185	225	285	325	385	185-385
Vmax	350	450	550	650	750	350-750
F24	6	6.5	7	7.5	8	6-8

Age →	20	30	40	50	60	70	80	Mean Range	Overall Mean
V24	1300	1500	1750	1800	1750	1550	1300	1300-1800	1300-1800
Vavg	255	275	285	275	255	225	280	255-285	185-385
Vmax									350-750
F24	5.3	5.7	6	6.5	7	7.3	7.7	5.3-7.3	5.3-8

Male (Parsons 2007b)

	Average	5 th to 95 th %
Vn	446	78-845
NPi	26.6%	14.5%-42.9%
Pn	0.99	0.39-1.81
Pn/P24	84.9%	43.0%-139.0%
Fn	0.4	0.0-1.5

Female (Parsons 2007b)

	Average	5 th to 95 th %
Vn	468	53-971
NPi	27.7%	13.3%-48.3%
Pn	0.97	0.31-1.94
Pn/P24	82.4%	38.8%-129.4%
Fn	0.4	0.0-1.7

Amundsen CL, Parsons M, Tissot B, Cardozo L, Diokno A, Coats A. Bladder diary measurement in asymptomatic females: functional bladder capacity, frequency, and 24-hr volume. *Neurourol and Urodynam* 2007 26:341-349

Parsons M, Tissot W, Cardozo L, Diokno A, Amundsen CL, Coats A. Normative bladder diary measurements: night versus day. *Neurourol and Urodynam* 2007 26:465-473.

Tissot W, Amundsen CL, Diokno AC, Webster GD, Coats A. Bladder diary measurements in asymptomatic males: frequency, volume per void, and 24 hour volume. *Neurourol and Urodynam* 2008 27:198-204.

Bladder Diary

Name: _____ 28 yo female with frequency urgency, pelvic pain – patient #2 _____

Circle wake time and bed time
Mark BM occurrence.

Call if you have questions _____

Specific time	Volume of void in ml or √	Desire to void 0 to 4	Leak volume 1 to 3	Felt leak with activity	Felt leak with strong urge	Wetness discovered	Drink type/ amount
5 AM							
6 AM	800	4	Pain all	over vagina			
7 AM							20 oz coffee
8 AM							32 oz water
9 AM	450	3					
10 AM			Pain				
11 AM	750	4	Pain				32 oz water
12 PM	400	3					
1 PM							
2 PM	400	4	Pain				10 oz coffee
3 PM							32 oz water
4 PM	775	4					
5 PM							
6 PM	775	4					
7 PM							
8 PM							
9 PM	225	4	Pain				12 oz milk
10 PM							
11 PM	BM	3					
12 AM		4					
1 AM							
2 AM							
3 AM							
4 AM							

Desire to void
0 = none
1 = mild
2 = mod
3 = severe
4 = urgent

Leak volume
1 = damp
2 = wet
3 = soaked

Bladder Diary

Name: _____ Patient example #2 83 yo male _____ Date: _____ day 1 _____

Circle wake time and bed time

Call if you have questions _____

Mark BM occurrence.

Specific time	Volume of void in ml or √	Desire to void 0 to 4	Leak volume 1 to 3	Felt leak with activity	Felt leak with strong urge	Wetness discovered	Drink type/ amount
5 AM							
6 AM	240	0					
7 AM							
8 AM	120	4	1		Urge		6 oz water 8 oz milk
9 AM							4 oz oj
10 AM							
11 AM	150	4	1		Sitting		8 oz water
12 PM	60	2	1	Walking			8 oz water
1 PM							
2 PM	150	4	1		Sitting		8 oz water
3 PM 3:30	120 90	4	1		Laying down		
4 PM	90	3					8 oz water
5 PM	120	3					
6 PM							8 oz water
7 PM							
8 PM							
9 PM	150	3	1		Sitting		4 oz water
10 PM							
11 PM	120	2					
12 AM							
1 AM	180	3					
2 AM	150	4	1		Sleeping		
3 AM							
4 AM	180	3					

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