

Catheter diary

The following leaflet aims to help parents/carers keep a record of their child's bladder function, using a catheter diary. Keeping a catheter diary helps us to make an assessment of the amount your child drinks and the amount of urine your child's bladder can hold. If you need any further help with using the diary, or if you have any questions, please ask a nurse or doctor.

How to complete the catheter diary

- Fill in the catheter diary as carefully as possible for two convenient days (preferably not school days).
- For each day record what and how much your child drinks (in millilitres or cups) and when they drink it.
- If your child passes urine voluntarily, use a jug to measure the amount of urine your child passes. Record the amount on the chart and the approximate time.
- When your child is catheterised, use a jug to measure the amount of urine that is passed and record the amount on the chart and the approximate time.
- If your child leaks urine, tick the column marked 'wet'.
- Remember to bring your catheter diary with you to the hospital.

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

Time	Day 1				Day 2			
	In (drink)	Out (urine)	Catheter volume	Wet	In (drink)	Out (urine)	Catheter volume	Wet
7am			120mls	✓			80mls	✓
8am	1 cup milk				1 cup orange			
9am	150mls water							
10am		45mls	90mls	✓				
11am							30mls	

Catheter diary

Time	Day 1				Day 2			
Approx	In (drink)	Out (urine)	Catheter volume	Wet	In (drink)	Out (urine)	Catheter volume	Wet
7am								
8am								
9am								
10am								
11am								
12 midday								
1pm								
2pm								
3pm								
4pm								
5pm								
6pm								
7pm								
8pm								
9pm								
10pm								
11pm								
12 midnight								

Contact us

If you have any questions or concerns about completing this diary, or if you would like any further information about the contents of this leaflet, please contact the clinical nurse specialists, **email:** evelinabladdernurses@gstt.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.evelinalondon.nhs.uk/leaflets

Useful sources of information

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm

e: letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)

e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch. **t:**

0800 731 0319

e: members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, please email us:

healthcontent@gstt.nhs.uk

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A list of sources is available on request

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