

1 day bladder diary maybe adequate in initial evaluation of LUTS as compared to 3 days bladder diary



Introduction

- Bladder diary is important for evaluation of LUTS
- It requires significant patient efforts to complete and often viewed as burdensome to the patient
- This study aims to compare reliability of 1 day bladder diary (1dBD) to 3 days bladder diary (3dBD) in evaluation of females with LUTS

Materials and Methods

- Descriptive cross sectional study
- 100 women with LUTS included
- Given printed bladder diaries to complete for 3 days in 1st week and 1 day in 2nd week
- Total number of voids, nocturia episodes, average and max voided volume, total intake of liquids, episodes of severe urgency, episodes of leak associated with urgency and activity were noted. And compared

Results

Total 84 diaries compared as below:

Parameters	3dBD (N= 84)	1dBD (N= 84)
Total voids	9.65 ± 2.16	9.60 ± 2.30
Nocturia episodes	0.92 ± 0.83	0.73 ± 0.92
Avg voided vol (ml)	207.89 ± 72.39	211.5 ± 76.77
Max voided vol (ml)	328.8 ± 107.81	347.66 ± 125.47
Total liquids (ml)	1940.52 ± 552.17	1906.33 ± 571.49
Severe urgency episodes	3.8 ± 2.8	3.73 ± 2.48
Leaks with	1.73 ± 2.57	1.66 ± 2.44

Interclass correlation coefficient (ICC) >0.7 for all parameters showing good concordance

Conclusion

1 dBD is easier, faster to complete with good concordance with 3d BD

