

## Bladder and bowel diary

The following leaflet aims to help parents/carers keep a record of their child's bladder and bowel functions. You will find a bladder diary and a bowel diary to help you and us to assess how your child's bladder and bowels are working. If you need any further help with using them, or if you have any questions, please ask a nurse or doctor.

### My child's bladder: why should we keep a bladder diary?

Keeping a bladder diary helps us to make an assessment of how your child's bladder is working and gives us an idea of:

- the amount your child drinks
- the amount of urine your child's bladder can hold
- how often your child passes urine.

### How to complete the bladder diary

- Fill in the bladder diary as carefully as possible for two convenient days (preferably not school days; these have not necessarily to be consecutive days).
- For each day record what and how much your child drinks (in millilitres or cups) and when they drink it.
- Use a jug to measure the amount of urine your child passes. Record the amount on the chart and the approximate time.
- If your child leaks urine, tick the column marked 'wet' and indicate the time of day.
- Record any day and night-time wetting on the seven-day bowel diary on page 4.

Each time your child passes urine please describe how urgently your child had to get to the toilet. You should enter the most appropriate letter from the following list:

- A** My child felt no need to void (empty their bladder), but did so for other reasons.
- B** My child could have put off voiding as long as necessary without fear of wetting him/herself.
- C** My child could have postponed voiding for a short while, without fear of wetting him/herself.
- D** My child could not postpone voiding, and had to rush to the toilet in order to avoid wetting him/herself.
- E** My child leaked before they arrived at the toilet.

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

Time	Day 1				Day 2			
	In (drink)	Out (urine)	Wet	Urgency	In (drink)	Out (urine)	Wet	Urgency
7am		120mls	✓ night	B		80mls	✓ night	B
8am	1 cup milk				1 cup orange			
9am	150mls water					30mls		A
10am		90mls 45mls		C C				

## Bladder diary

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








## My child's bowel: why should we keep a bowel diary?

Keeping a bowel diary helps us to assess how often your child opens their bowels and whether there are any problems with constipation.

### How to complete the bowel diary

- Fill in the bowel diary carefully for seven consecutive days.
- For each day please indicate with a tick if your child opened their bowels and record the approximate time.
- Indicate with a tick if there was any discomfort, and describe the degree of discomfort if there was any.
- Record what the stool looked like (shape and texture). Base your answer on the different types listed in the Bristol stool chart (see below).
- Indicate with a tick if there was any soiling or if any bowel accidents occurred.
- Tick the appropriate box if this was accompanied by any day or night-time urinary wetting accidents.

### Bristol Stool Chart

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. <b>Entirely Liquid</b>

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

Day	Bowels open	Time	Discomfort	Stool type	Any soiling	Any wetting during day	Any bedwetting
1	✓	6pm		3			
2						✓	✓
3	✓	8am	✓ mild	1		✓	✓
4	✓	4pm		2			
5					✓		✓
6	✓	5pm		3			
7							✓

## Bowel diary

Day	Bowels open	Time	Discomfort	Stool type	Any soiling	Any wetting during day	Any bedwetting
1							
2							
3							
4							
5							
6							
7							

**Remember to bring your bladder and bowel diaries with you to your child's next outpatient appointment.**

In case you have any questions, you can contact:

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