

CHILDS NAME: _____

Date of Commencement: _____

Bladder and Bowel diary

On the next page, you will find 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 and 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).

- For each day record what and how much your child drinks (in mls 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".
- Record any day and night-time wetting on the seven-day Bowel diary on page 3

If possible every time your child passes urine please put a letter on the chart from the list below that describes how urgently your child had to get to the toilet:

- A.** My child felt no need to empty their bladder, but did so for other reasons
- B.** My child could have postponed voiding (emptying their bladder) as long as necessary without fear of wetting themselves
- C.** My child could have postponed voiding for a short while, without fear of wetting themselves
- D.** My child could not postpone voiding, but had to rush to the toilet in order not to wet themselves
- E.** My child leaked before arriving 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
07:00		120mls	√ night	B		80mls	√ night	B
08:00	1 cup milk				1 cup orange			
09:00	150mls water							
10:00		90mls 45mls		C C				
11:00						30mls		A

Bladder diary

CHILDS NAME: _____

Time	DAY 1				DAY 2			
	IN (drink)	OUT (urine)	Wet	Urgency	IN (drink)	OUT (urine)	Wet	Urgency
07:00								
08:00								
09:00								
10:00								
11:00								
12:00								
13:00								
14:00								
15:00								
16:00								
17:00								
18:00								
19:00								
20:00								
21:00								
22:00								
23:00								
24:00								

Bowel diary CHILDS NAME: _____

On the next page you will find 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.

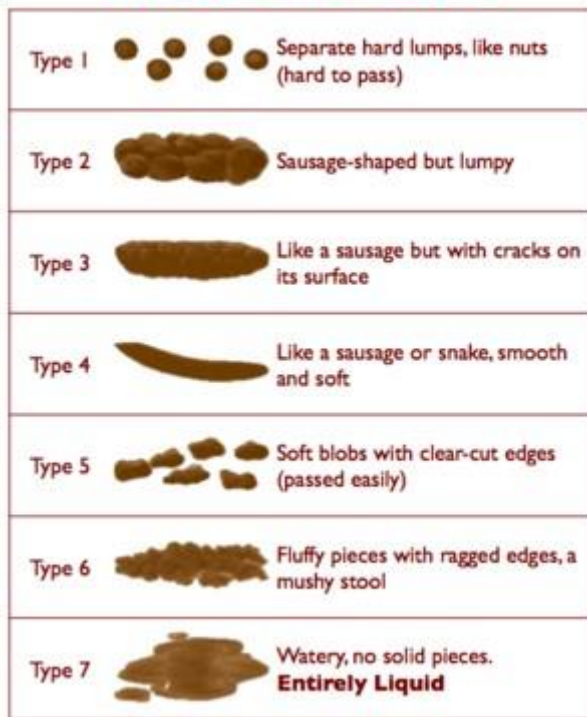
How to complete the bowel diary

Fill in the bowel diary carefully for seven days.

- For each day record whether your child opened their bowels with a tick and the approximate time
- Record any discomfort with a tick
- Record the type of stool based on the shape and texture from the Bristol stool chart (see below)
- Record if there was any soiling or bowel accidents and day or night-time urinary wetting accidents with a tick

Bristol stool chart

Bristol Stool Chart



Below is an example of a bowel diary that has been completed.

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							√

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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 next Outpatient appointment.

Contact us

If you have any questions or concerns about completing this diary, please contact the office on 0207 390 8295 or via email on office@drianhayltd.co.uk