



Bowel and Bladder Diary

2-DAY URINE DIARY:

Start this on a non-school day when child is under your care for the day.

RECORD THE FOLLOWING AGAINST THE APPROPRIATE TIME OF DAY:

- The type and amount of all drinks (In mls)
- The amount of urine passed in mls (measure in a jug)
- Any wet beds or wet clothes estimate the amount using the code below
- **'W+'** for small amount
- **'W++'** for medium amount
- **'W+++'** for large amount
- Indicate bedtime by writing **'B'** in the urine column
- Indicate time of waking by writing **'M'** in the urine column

	FRIDAY		SATURDAY	
	URINE	DRINKS	URINE	DRINKS
6AM				
7AM				
8AM				
9AM				
10AM				
11AM				
12PM				
1PM				
2PM				
3PM				
4PM				
5PM				
6PM				
7PM				
8PM				
9PM				
10PM				
11PM				
12PM				
1AM				
2AM				
3AM				
4AM				
5AM				



Bowel and Bladder Diary

7-DAY STOOL DIARY:

RECORD THE FOLLOWING:

- The number of bowel movements in the day
- The time of bowel movement: AM or PM
- Based on the Bristol Stool Chart, the type of bowel movement, see Bristol stool chart below

		NUMBER of MOVEMENTS	TYPE
MONDAY	AM		
	PM		
TUESDAY	AM		
	PM		
WEDNESDAY	AM		
	PM		
THURSDAY	AM		
	PM		
FRIDAY	AM		
	PM		
SATURDAY	AM		
	PM		
SUNDAY	AM		
	PM		

