**Bowel and Bladder Diary**

|  |  |  |
| --- | --- | --- |
|  | **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** |  |  |  |  |

**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

**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 |  |  |
| **WEDESDAY** | AM |  |  |
| PM |  |  |
| **THURSDAY** | AM |  |  |
| PM |  |  |
| **FRIDAY** | AM |  |  |
| PM |  |  |
| **SATURDAY** | AM |  |  |
| PM |  |  |
| **SUNDAY** | AM |  |  |
| PM |  |  |

