



Bladder and Bowel Diary

On the next page, you will find a bladder diary. Keeping a bladder diary helps to make an assessment of how your child's bladder is working and gives 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) 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".

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			
Approx	IN (drink)	OUT (urine)	Wet	Urgency	IN (drink)	OUT (urine)	Wet	Urgency
07:00		120mls	✓ night	B		80mls	✓ night	B
08:00	100mls milk				150mls orange juice			
09:00	150mls water							
10:00		90mls 45mls		C				
11:00				C		30mls		A

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Bladder diary

Time	DAY 1				DAY 2			
Approx	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

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 consecutive 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 with a tick.

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 the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

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

Day	Bowel 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	Bowel 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.