

Daytime Wetting and Stool Diary

Please read carefully.

Complete the chart for 3 days.

Avoid school days, use weekends and holidays.

Each time your child has a drink, record the amount.

Each time your child passes urine, record and measure the times and amount of urine passed.

Use a small plastic measuring jug available from your supermarket or chemist.

When your child goes to the toilet write down if their pants are dry or wet. If they are wet describe the leakage as either small, medium or large.

If your child uses pads, weigh a dry pad and subtract that weight from the weight of a wet pad. (1gm = 1ml) This is the amount of leakage. Write it in the leak section.

Use the Bristol stool guide to record any bowel motions or soiling.

THE BRISTOL STOOL FORM SCALE (for children)

choose your POO!

type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on cob Like a sausage but with cracks on its surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Fluffy pieces with ragged edges, a mushy stool
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID

Concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.
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	Day 1 Date					Day 2 Date					Day 3 Date				
Time	Drink	Void	Leak	Urgency	Stool	Drink	Void	Leak	Urgency	Stool	Drink	Void	Leak	Urgency	Stool
Example	150	120	small	yes	1	180	250	no	no	5	60	250	no	no	2
6-7am															
7-8am															
8-9am															
9-10am															
10-11am															
11-12md															
12md-1pm															
1 - 2pm															
2-3pm															
3-4pm															
4-5pm															
5-6pm															
6-7pm															
7-8pm															
8-9pm															
9-10pm															
10-11pm															
12mn-6am															
Total															