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# Your Child's Bladder and Bowel Diary

Name:	Date of Birth:	NHS No:
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## Paediatric Continence Service



The following leaflet aims to help parents / carers keep a record of their child's bladder and bowel functions. Within this leaflet, you will find a bladder diary and a bowel diary to assist you and us in assessing how your child's bladder and bowels are working. If you require any further assistance with using them, or if you have any questions, please contact a nurse or doctor.

## My child's bladder

### Why should we keep a bladder diary?

Keeping a bladder diary helps us to make an assessment of how your child's bladder is working and helps identify the best treatment. It may be easier to complete over a weekend when your child isn't at school.

Useful information is:

- What has your child had to drink and how much?
- Record when they have a wee, measure in a jug where possible.
- Does the child have any wetting accidents?  
If so what is the size?  
For example,  
Small = Damp patch in underwear.  
Medium= Outer clothing wet.  
Large= Clothes very wet, may be some on the floor or on shoes and socks.

Record any urgent feeling your child experiences to empty their bladder.

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Below is an example of how to complete the bladder diary:

<b>Time</b>	<b>Day 1</b>			
<b>Approx</b>	<b>Drinks</b>	<b>Wees (measure in jug)</b>	<b>Any wetting accidents?</b>	<b>Any urgency to have a wee?</b>
07:00		120mls		
08:00	1 mug milk = 200 mls			
09:00	1 cup water - 150 mls			
10:00		90mls		
11:00			Y	N

Examples of drink sizes:

- Cup = Approx 150 mls
- Bottle water (that they may take to school) = Approx 500mls
- Mug milk= Approx 200mls

# Bladder Diary

Time	Day 1			
Approx	Drinks	Wees	Any wetting accidents? If so size.	Any urgency to have a wee?
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				

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<b>Time</b>	<b>Day 2</b>			
<b>Approx</b>	<b>Drinks</b>	<b>Wees</b>	<b>Any wetting accidents? If so size.</b>	<b>Any urgency to have a wee?</b>
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				

# My child's bowel








## Why should we keep 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 please indicate with a tick if your child opened their bowels and record the approximate time.
- Indicate with a tick if there was any discomfort, and describe the degree of discomfort if there was any.
- Record what the stool looked like (shape and texture).
- Base your answer on the different types listed in the Bristol stool chart (see below).
- Indicate with a tick if there was any soiling or if any bowel accidents occurred.
- Tick the appropriate box if this was accompanied by any day or night-time urinary wetting accidents.

### 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 its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

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## Bowel Diary

Day	Bowels opened Yes/No	Any discomfort? Yes/No	Stool Type (see above)	Any accidents (stool)	Any wetting during day	Any bedwetting
1	✓		3			
2					✓	✓
3	✓	✓ mild	1		✓	✓
4	✓		2			
5				✓		✓
6	✓		3			
7						✓
1						
2						
3						
4						
5						
6						
7						

Remember to bring your bladder and bowel diaries with you to your next appointment.

## Contact us

If you have any questions or concerns about completing this diary, or if you would like any further information about the contents of this leaflet, please contact:

Paediatric Continence Service  
Tel: 01253 953042

# Other sources of information:



**Hospital switchboard**  
Telephone: **01253 300000**

## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**  
or by email: **bfwh.patientrelations@nhs.net**



You can also write to us at: Patient Relations Department, Blackpool Teaching Hospitals NHS Foundation Trust, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR



Further information is available on our website: **www.bfwh.nhs.uk**

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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