

# Night time bladder chart and fluid record

## Paediatric Continence Service Parent/Carer Chart

Name:	Date of Birth:	NHS No:
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**Keeping a bladder diary helps us to make an assessment of how your child's bladder is working and helps identify the best treatment.**

Please record the following and bring this form with you to your clinic appointment:

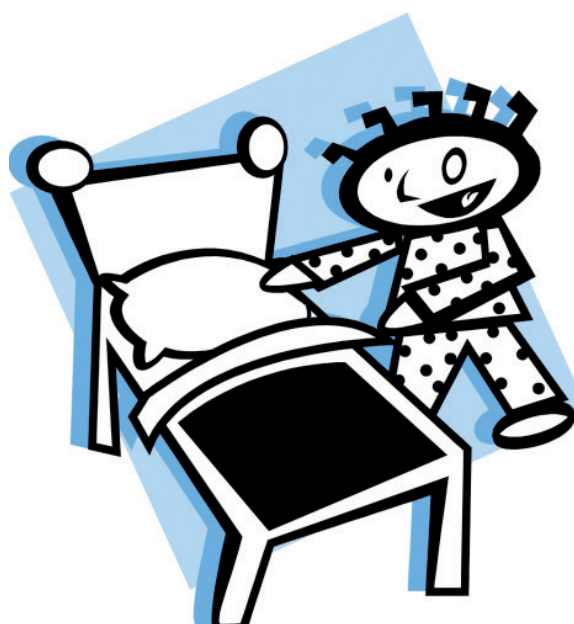
- Number of drinks your child had during the day and approx. total volume of drinks.
- Type and time of drink your child had before sleep.
- Whether your child is dry or not at parent's bed time.
- Whether your child woke in the night to use the toilet.
- Whether your child achieved a completely dry night.
- If wet, the size of the wet patch (small= coin size patch, medium = dinner plate size and large = wet from head to toe).
- Number of times your child went to the toilet for a wee during the day.
- On at least 3 days please measure one wee (not the 1st wee in the morning) in a plastic jug and record in the last column.

## Useful contact details

If you have any questions or concerns about completing this chart, or if you would like any further information, please contact:

Paediatric Continence Service  
Whitegate Health Centre  
150-158 Whitegate Drive  
Blackpool, FY3 9ES

Tel: 01253 953042



# Bed wetting assessment chart

Date	Number of drinks/ volume	Last drink	Parent check wet/ dry	Woke self to toilet yes/no	Dry night	Size of wet patch	Number of times to toilet in day	Bowels open? Y/N	Measurement of urine in mls
Example 21.01.2021	4 drinks 800mls/ day	18:00 cup milk	dry	N	N	large	6	Y	230mls
Signature:					Print Name:				
Designation:					Date and Time (use 24 hour Clock):				

## Other sources of information:

**Paediatric Continence Service:**  
 Telephone: **01253 953042**  
**Hospital switchboard:**  
 Telephone: **01253 30000**

## 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](mailto: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](http://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**