



# PATIENT DIARY



Track your child's bedwetting, fluid intake and bowel movement in this easy-to-use patient diary.

This will help your child's doctor or nurse find the cause of the bedwetting, and the right treatment for your child.

## 2-DAY URINE DIARY:

Start this on a non-school day when your child is under your care for the entire 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 (write 'wet' in the urine column)
- If wetting occurs, estimate the amount by writing:
  - 'WS' for a small amount
  - 'WM' for a medium amount
  - 'WL' for a large amount
- Indicate bedtime by writing 'B' in the urine column
- Indicate time of waking by writing 'M' in the urine column

SATURDAY

SUNDAY

URINE

DRINKS

URINE

DRINKS

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

1 AM

2 AM

3 AM

4 AM

5 AM


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## 7 DAY STOOL DIARY

To see if constipation is the cause of your child's bedwetting, complete this bowel movement diary.







RECORD THE FOLLOWING AGAINST THE APPROPRIATE DAY:

- The number of bowel movements in any given day
- The time of bowel movement: AM or PM
- Based on the Bristol Stool Chart, the type of bowel movement



	NUMBER OF MOVEMENTS	TYPE
MONDAY	AM	
	PM	
TUESDAY	AM	
	PM	
WEDNESDAY	AM	
	PM	
THURSDAY	AM	
	PM	
FRIDAY	AM	
	PM	
SATURDAY	AM	
	PM	
SUNDAY	AM	
	PM	

## BRISTOL STOOL CHART

TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6	TYPE 7
						
Separate hard lumps, like nuts (hard to pass)	Sausage-shaped but lumpy	Like a sausage but with cracks on the surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges (passed easily)	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces, entirely liquid

### IF YOU HAVE SPECIFIC QUESTIONS OR CONCERNS, TALK TO YOUR CHILD'S DOCTOR, SCHOOL NURSE, HEALTH VISITOR OR PHARMACIST

Bladder and Bowel UK offer a confidential helpline. If you would like to speak to someone, email: [bbuk@disabledliving.co.uk](mailto:bbuk@disabledliving.co.uk) or phone: +44 (0)161 214 4591. You can also visit this website for more information: [www.bbuk.org.uk/children-young-people/children-resources](http://www.bbuk.org.uk/children-young-people/children-resources).

Support, information and resources are also available from ERIC, The Children's Bowel and Bladder Charity: [www.eric.org.uk](http://www.eric.org.uk) and their freephone helpline: +44 (0)808 169 9949.

