NHS
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Bladder & Bowel Diary

CHILD'S NAME	
DATE OF BIRTH	Male / Female
ADDRESS	POSTCODE:
TELEPHONE	
GP & SURGERY DETAILS	

Paediatric Continence Service

Lowe House HCRC
103 Crab Street
St Helens
WA10 2DJ

Tel: 01744 626701
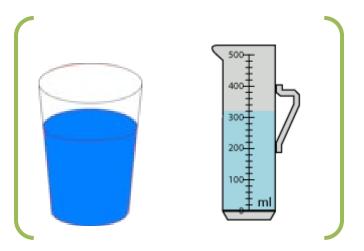Email: paediatric.continenceservice@nhs.net

This information will help assist the clinician with your child's assessment and aid with any interventions and, if necessary, any treatments. Please return as instructed.

It is best if you can fill this diary in when they are at home rather than school, i.e. weekends / holidays.

Drinking. It is helpful if you record how much your child has actually drunk.

It is best if you record the amount in millilitres (mls).

Please measure the liquid in your child's favourite cup/beaker and use this as a basis for your measurements.

POO- Record all poos for 1-2 weeks

Date	Time	Where	Size	Type	Notes
e.g. 10.2.16	17:30	Toilet	Large	2	Painful, strained

Please fill this section in, even if your child is coming to the Service with just a wetting issue. This information is still helpful to us.

Bristol Stool Chart - please make a note of which most closely resembles your child's poo, and record it in the last column.

If your child strained or appeared not to be aware of feeling, hid themselves away or tried to retain the poo, please make a note in last column of poo section.

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

DRINKS- measure all drinks for 3 days

Time finished	Amount (ml)	What was the drink?	Time finished	Amount (ml)	What was the drink?
DAY 1 / DATE:					
e.g. 9am	**220ml**	**water**			
DAY 2 / DATE:					
DAY 3 / DATE:					

Wees. Buy a cheap plastic jug. Measure each wee and record.

It helps if you check the colour, get your child to tell you if it is dark, light or if it is strong smelling. If the urine smells offensive or 'fishy' and your child seems unwell, please take a sample to your GP for checking.

Date		Time	Where? i.e pants, loo	How much? (ml)	D-dark M-medium L-light
DAY 1	**DATE:**	e.g. 9.00	Toilet	125mls	M
DAY 2	**DATE:**				
DAY 3	**DATE:**				

WEES- measure all wees for 3 days