

# Baseline bladder diary for children

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Name: .....

NHS Number: .....

DOB: .....

Date begun: .....

	DAY 1			Day 2			DAY 3		
DATE									
TIME	Drinks	Urine	Bowels	Drinks	Urine	Bowels	Drink	Urine	Bowels
6am									
7am									
8am									
9am									
10am									
11am									
12pm									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									
9pm									
10pm									
11pm									
12am									
1am									
2am									
3am									
4am									
5am									

# Baseline bladder diary for children

Information collected on bladder diary (frequency volume chart) can be useful to help understand how your child’s bladder and bowel are working. It will show how well your child’s bladder is storing urine and how much they wee they are passing when they go to the toilet.

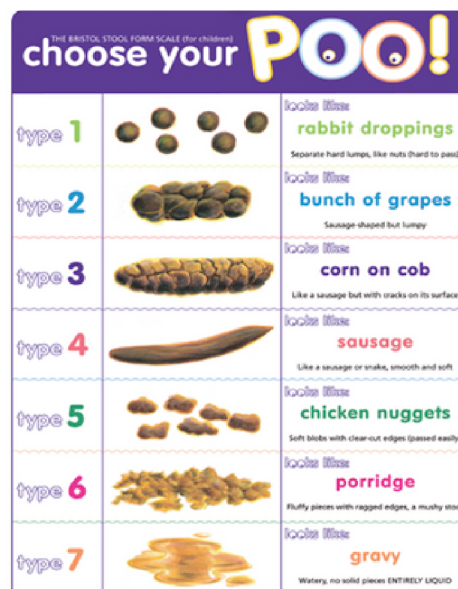
The chart should be completed for at least two full days. Your child needs to be at home for most of the time on the days the chart is being done, as you will need to help them measure how much urine they pass. Schools and nurseries do not usually have the resources to help.

It is often best to plan to complete the charts for a full weekend, if you are doing them during term time, or for two consecutive days if you are doing them during the holidays. If your child is wearing nappies during the day, then have a look at the baseline bladder and bowel chart instead.

Every time your child has a drink then make a note in the drinks column of what they have had and how much. The easiest way to do this is to measure their cup, glass or drinks bottle, to see how much it holds and then use the same one the whole time you are completing the chart. You can then make a good estimate of how much they have had to drink.

When your child goes to the toilet, ask them to wee into a jug or other container. You can then measure how much they have passed. Write this down in the urine column.

If your child was wet then make a note of this. Use WS to indicate a small amount of wetting (just damp or wet underwear). WM for a medium amount of wetting (outer clothes and underwear wet) or WL to indicate a large amount of wetting (clothes wet and a puddle). Write B in one of the columns at the time they go to bed each night. Write M in one of the columns at the time they wake up in the morning.



When your child opens their bowels, write what their poos looked like in the bowel column. You can use the Bristol stool chart picture to help you with this (you just need to write down the number that is closest to what your child has done).

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## Further Information

Find more information about child bladder and bowel health in our information library at [www.bbuk.org.uk](http://www.bbuk.org.uk).

You can also contact the Bladder & Bowel UK confidential helpline.

For further advice on bladder and bowel problems speak to your GP or other healthcare professional.

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