

BLADDER & BOWEL DIARY

CHILD'S FULL NAME	
DATE OF BIRTH	
NHS NUMBER	
ADDRESS	
TELEPHONE	
EMAIL ADDRESS	
DATE COMPLETED	

It is best if you can fill this diary in when they are at home rather than at school, i.e. over a couple of weekends or during school holidays. It **does not** have to be consecutive days.

Please return your completed diary to the following address below or alternatively email within 28 days. Please make sure you add the correct postage. If we do not receive the diary it may result in your child being discharged from the service.

Bladder and Bowel Team
Wokingham Hospital
41 Barkham Rd
Wokingham
RG41 2RE

continence@berkshire.nhs.uk

DRINKS RECORD

Please keep a record of how much your child drinks as it is important for the clinician to know your child's fluid intake.

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

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



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				

Time finished	Amount (ml)	What was the drink?		Time finished	Amount (ml)	What was the drink?
Day 2/ Date:						

Time finished	Amount (ml)	What was the drink?		Time finished	Amount (ml)	What was the drink?
Day 3 / Date:						

WEE RECORD

Please buy a cheap plastic jug to measure. Please measure each wee and make sure it is recorded.

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.



WEES – measure all wees for 3 days

Date		Time	Where? i.e pants, toilet	How much? (ml)	D-dark, M-medium L-light
DAY 1 DATE:		e.g. 9am	Toilet	125mls	M
Date		Time	Where? i.e pants, toilet	How much? (ml)	D-dark, M-medium L-light
DAY 2 DATE:					
Date		Time	Where? i.e pants, toilet	How much? (ml)	D-dark, M-medium L-light
DAY 3 DATE:					

POO RECORD

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 the last column of the 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

POO – RECORD all poos for 1-2 weeks