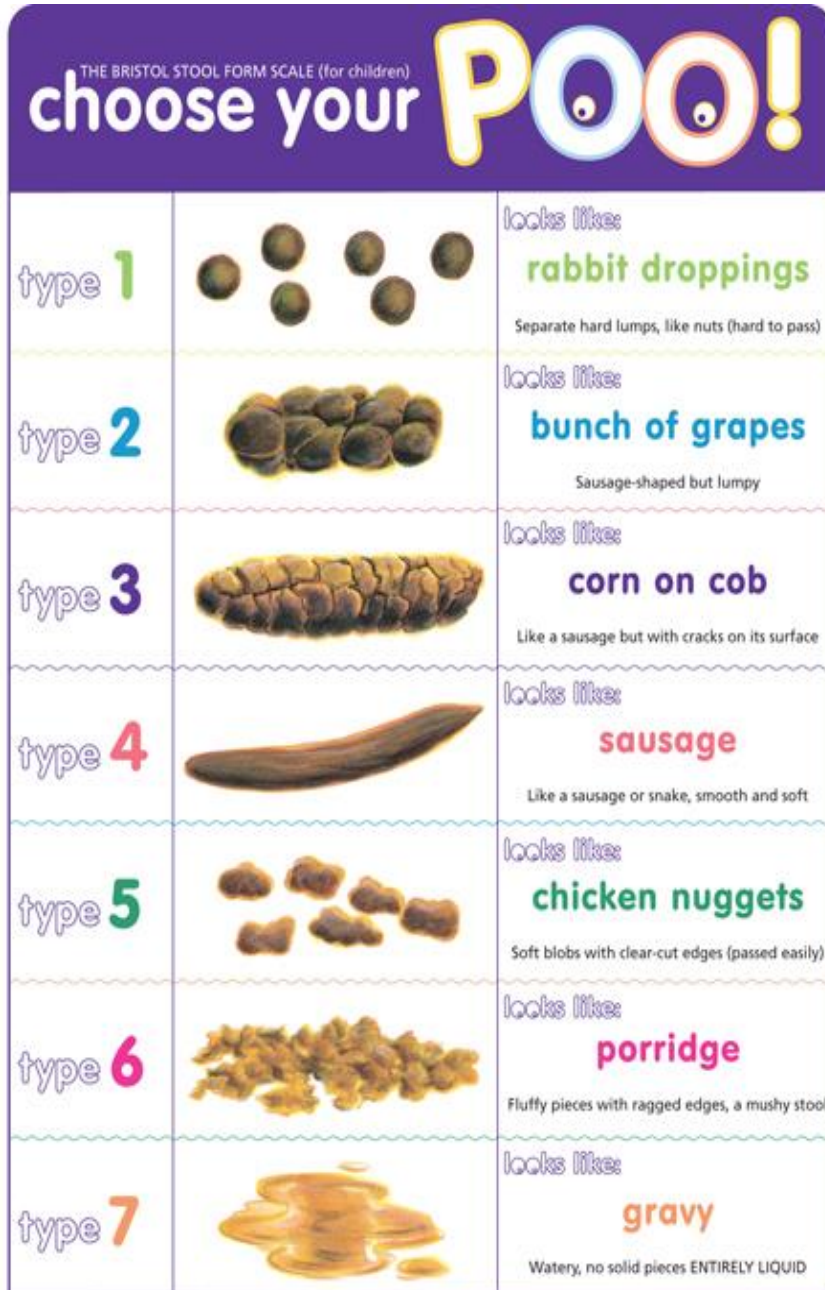


# Bladder Diary (No catheter) (Frequency volume chart)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_



	Day 1				Day 2				Day 3			
Overnight Wet nappy	Weight _____ mls				Weight _____ mls				Weight _____ mls			
TIME	DRINK	WEE	WET	POO	DRINK	WEE	WET	POO	DRINK	WEE	WET	POO
<i>Example</i>	<i>150mls</i>	<i>130mls</i>	<i>Small</i>	<i>3</i>	<i>180mls</i>	<i>200mls</i>	<i>No</i>	<i>2</i>				
7am												
8am												
9am												
10am												
11am												
12pm												
1pm												
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3pm												
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4am												
5am												
6am												



## BOYS (How to measure)

- Stand and wee into a measuring

## GIRLS (How to measure)

- Place a round bowl into the base of the toilet, ensuring it covers the bottom completely
  - Sit comfortably with feet supported on a footstool and knees open wide to relax your muscles
  - Empty the wee from the bowl into a measuring jug
- Complete the chart for at least 2 days, preferably at the weekend or during school holidays
  - Each time your child has a drink, **measure and record** the amount in the drink column
  - Record the amount of wee passed each time in the wee column
  - Please refer to our guide on how to measure your child's wee correctly
  - Please record if your child's underwear is dry or wet when going to the toilet. If they are wet record if it is a;
    - Small** - Coin size patch to pants only
    - Medium** - palm size patch to pants and front of clothes
    - Large** - Pants and clothes heavily wet
  - Do not prompt your child to drink or wee – it should be a usual day with a usual routine
  - If your child uses a pad/nappy daytime or at night; weigh a dry pad and subtract that weight from the weight of the wet pad. 1gm=1ml, this is the amount of leakage. Record this under the overnight wet nappy column.
  - Use the Bristol stool scale to record your poo or soiling episodes