Bladder Diary (Frequency volume chart)

NAME:_____**DATE:**_____

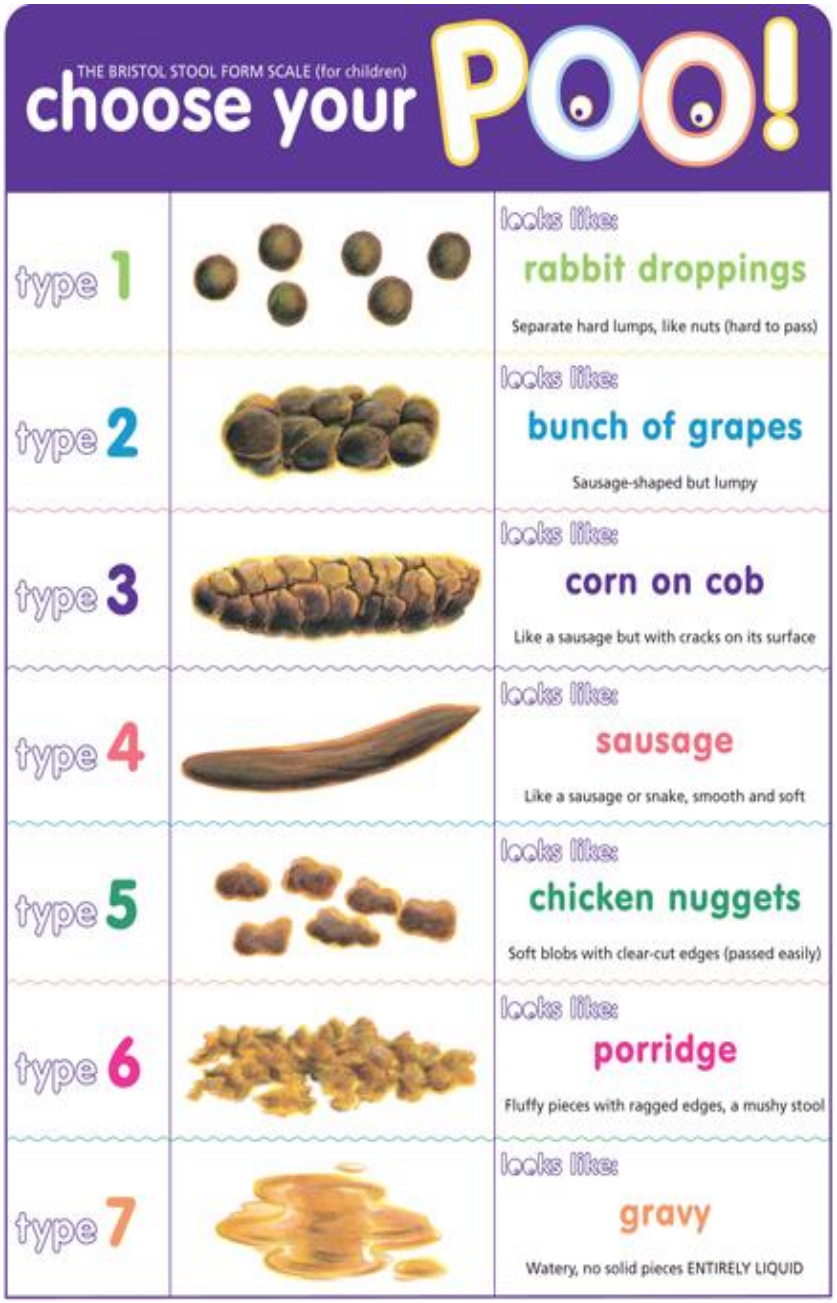
Children's Health Ireland

	Day 1				Day 2				Day 3			
Overnight Wet nappy	Weight_____mls				Weight_____mls				Weight_____mls			
TIME	DRINK	CATH	WET	POO	DRINK	CATH	WET	POO	DRINK	CATH	WET	POO
Example	150mls	130mls	Small	3	180mls	200mls	No	2				
7am												
8am												
9am												
10am												
11am												
12pm												
1pm												
2pm												
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6am												

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Bladder Diary (Frequency volume chart)

NAME:_____DATE:_____



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

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