

SUPERHERO DIARY



Track your child's bedwetting, fluid intake and bowel movement in this easy-to-use superhero diary.

This will help your child's doctor or nurse find the cause of the bedwetting, and the right treatment for your child.

2-DAY URINE DIARY:

Start this on a non-school day when your child is under your care for the entire day.

RECORD THE FOLLOWING AGAINST THE APPROPRIATE TIME OF DAY:

- The type and amount of all drinks (in mls)
- The amount of urine passed in mls (measure in a jug)
- Any wet beds or wet clothes (write **'wet'** in the urine column)
- If wetting occurs, estimate the amount by writing:
 - **'WS'** for a small amount
 - **'WM'** for a medium amount
 - **'WL'** for a large amount
- Indicate bedtime by writing **'B'** in the urine column
- Indicate time of waking by writing **'M'** in the urine column

	SATURDAY		SUNDAY	
	URINE	DRINKS	URINE	DRINKS
6 AM				
7 AM				
8 AM				
9 AM				
10 AM				
11 AM				
12 PM				
1 PM				
2 PM				
3 PM				
4 PM				
5 PM				
6 PM				
7 PM				
8 PM				
9 PM				
10 PM				
11 PM				
12 AM				
1 AM				
2 AM				
3 AM				
4 AM				
5 AM				

SUPERHERO DIARY

7-DAY STOOL DIARY:








To see if constipation is the cause of your child's bedwetting, complete this bowel movement diary.

RECORD THE FOLLOWING:

- The number of bowel movements in the day
- The time of bowel movement: AM or PM
- Based on the Bristol Stool Chart, the type of bowel movement

		NUMBER OF MOVEMENTS	TYPE
MONDAY	AM		
	PM		
TUESDAY	AM		
	PM		
WEDNESDAY	AM		
	PM		
THURSDAY	AM		
	PM		
FRIDAY	AM		
	PM		
SATURDAY	AM		
	PM		
SUNDAY	AM		
	PM		

BRISTOL STOOL CHART

TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6	TYPE 7
						
Separate hard lumps, like nuts (hard to pass)	Sausage-shaped but lumpy	Like a sausage but with cracks on the surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges (passed easily)	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces, entirely liquid

IF YOU HAVE SPECIFIC QUESTIONS OR CONCERNS, TALK TO YOUR CHILD'S DOCTOR, SCHOOL NURSE, HEALTH VISITOR OR PHARMACIST

Bladder and Bowel UK offer a confidential helpline. If you would like to speak to someone, email: bladderandboweluk@disabledliving.co.uk or phone: 0161 607 8219. You can also visit this website for more information: <http://www.bladderandboweluk.co.uk/children-young-people/children-resources/>.

ERIC, The Children's Bowel and Bladder Charity also offers a confidential helpline. If you would like to speak to someone, phone: 0845 370 8008. More information is also available on www.eric.co.uk.

