










## Diary for wee and poo

Name: \_\_\_\_\_ Day/Date: \_\_\_\_\_

Please fill out the form each day for 3 days, as this provides more consistent information. If your child rushes urgently to the toilet please note this down on the chart. This chart will help your health professional assess your child's condition and progress.

TIME (Circle time)	INTAKE Drink (D) amount (mls) Food (F)	WEE Wet Nappy/Pants (W) Wee in Toilet (T) Dry (D)	POO Poo in Nappy/Pants (P) Poo in Toilet (T) Stool (poo) Type 1-7 (refer to Bristol Stool Form Scale on next page)	COMMENTS Indicated need (IN) Toilet, no result (NR) Urgency (U) Taken by carer (T) Self-toileted (S)
<b>Example</b> <b>5am</b>	<b>D (150mls)</b>	<b>W</b>	<b>P, TYPE 4</b>	<b>NR</b>
5am				
6am				
7am				
8am				
9am				
10am				
11am				
12 noon				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12 midnight				
1am				
2 am				
3 am				
4 am				

THE BRISTOL STOOL FORM SCALE (for children) <b>choose your POO!</b>		
<b>type 1</b>		looks like: <b>rabbit droppings</b> Separate hard lumps, like nuts (hard to pass)
<b>type 2</b>		looks like: <b>bunch of grapes</b> Sausage-shaped but lumpy
<b>type 3</b>		looks like: <b>corn on cob</b> Like a sausage but with cracks on its surface
<b>type 4</b>		looks like: <b>sausage</b> Like a sausage or snake, smooth and soft
<b>type 5</b>		looks like: <b>chicken nuggets</b> Soft blobs with clear-cut edges (passed easily)
<b>type 6</b>		looks like: <b>porridge</b> Fluffy pieces with ragged edges, a mushy stool
<b>type 7</b>		looks like: <b>gravy</b> Watery, no solid pieces ENTIRELY LIQUID

Concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, formerly Reader in Medicine at the University of Bristol. © 2005 Produced by Norgine Pharmaceuticals Limited.