



# Bladder daybook

First name(s) and Surname: \_\_\_\_\_

Issued-.Date: \_\_\_\_\_

Date Registered: \_\_\_\_\_  
(Weekday?)

Time	Urine Amount (ml)	Urge to urinate - symptoms	Sputtering /Pressing	Uncontrolled Urination damp/wet	Amount drunk (ml)	Stool smearing (S) Faecal leakage (E)	Defecation
<b>Example: Please turn over for explanations</b>							
7:00	180	X					
7:30					200		
<b>at night</b>	<b>dry</b>	<b>Wetting amount = Diaper/nappy weight</b> (wet daiper/nappy minus dry daiper/nappy)		Got up to urinate? Awoken?		Evacuation amount? (ml)	
Time							

Medicaments taken during the course of this protocol .....

## The bladder daybook explained

Dear Parents,

To give your child the best care we can, we need you to be our ears and eyes.

For this reason, please note each time he or she goes to the toilet during the day and at night on two consecutive days when your child does not go to school (or kindergarten). . In addition, please note the amounts each time your child has a drink (in ml).

Please tell your child what you are doing.

- Your child should tell you every time he or she needs to go to the toilet (in the day and possibly also during the night) **The amount of urine evacuated (ml) should be measured in a measuring vessel or a potty.** If possible on those days, your child should make the decision autonomously when they want to empty their bladder.
- Then you should record the time and amount of urine on the log overleaf. If your child has **damp or wet underwear** or their trousers get wet during the day, put a cross by this. Place a cross under "urge to urinate symptoms" when your child squeezes their legs on a sudden urge to urinate as if surprised, squats down, or has to hold back the urine with other holding manoeuvres.
- In "Pressing / Stuttering", please make a cross if your child empties his bladder with the help of abdominal press and / or in several portions If you are rarely present to when your child empties their bladder, ask them to pay attention and share their observations with you.
- The drinks during the day (possibly even at night?) should also be chosen by your child as it usually does. **Please note the quantity drunk in the "Amount of drinking" column.**
- We are also interested in when your child evacuates their bowel movements and if it comes to the loss of small amounts of the evacuation in the underwear (stool smear), or if a complete portion is deposited in the underpants underwear (faecal leakage).
- If your child wears a diaper during the night, we ask you to **weigh this diaper on the morning after the first and second day of the protocol** (deduct the diaper weight from the wet diaper).
- In any case, your child should wake up in the morning, on both days of the protocol, weekend notwithstanding, at the usual time of the weekdays.

- Please enter all events in the night into the night columns. (Possibly drinks under "Remarks").
- If your child takes a medication while following the protocol, please enter it with name and dosage.

We know that under the conditions mentioned it is not always easy to log a typical daily routine. Talk to us if you feel that your child is drinking or going to the bathroom differently than under everyday circumstances.