

# BOWEL AND BLADDER DIARY

## INSTRUCTIONS

The purpose of this Bowel and Bladder Diary is to keep track of your urine output (wees) and bowel habits (poos) over time to monitor and understand your individual bowel and bladder patterns. Fill in this diary every day for at least one week (seven days) whenever you use the toilet. Print as many copies of the Diary as needed to complete one week of toilet use. Use the Bristol Stool Chart and Urine Chart.

## DATE/TIME

The date/time you went to the toilet.

## URINE/BM

When you went to the toilet, did you urinate (U), have a bowel motion (BM), or both (U/BM)?

## TYPE/COLOUR

Use the urine and stool charts to indicate the type (1–7 on Bristol Stool Chart) and/or colour (1–8 on Urine Chart) of your urine and/or BM. You can also note the colour of your BM (Light/Dark).

## AMOUNT (S/M/L)

How much urine and/or poo did you pass? Urine output (wees) can be measured in mls. Stool amounts can be approximated, e.g., "medium" = one handful.

## STRAIN/PAIN? (Y/N)

Did you feel any strain, pain, or discomfort?

## EMPTIED? (Y/N)

Did you feel like your bowel and/or bladder emptied fully?

## SOILING/LEAKAGE? (Y/N)

Did you have any soiling, leakage, or "accident"? Including details such as if the soiling was staining/loose/solid is helpful.

## FLUID INTAKE









How much water/fluid have you consumed since your last visit to the toilet (measure in mls)?

## OTHER NOTES

Some things you may want to note include any medication / supplements (what and when taken), what you have eaten, any physical activity, changes to routine, odour, or any other significant information that you think may be useful.

# BOWEL AND BLADDER DIARY

WEEK COMMENCING:

DATE/TIME	URINE/ BM	TYPE/ COLOUR	AMOUNT (S/M/L)	STRAIN/ PAIN? (Y/N)	EMPTIED? (Y/N)	SOILING/ LEAKAGE? (Y/N)	FLUID INTAKE 1 GLASS = 250 MLS	OTHER NOTES
								
								
								
								
								
								
								
								

# WEE AND POO DIARY

WEEK COMMENCING:

DATE/TIME	URINE/ BM	TYPE/ COLOUR	AMOUNT (S/M/L)	STRAIN/ PAIN? (Y/N)	EMPTIED? (Y/N)	SOILING/ LEAKAGE? (Y/N)	FLUID INTAKE 1 GLASS = 250 MLS (125 MLS FOR PRESCHOOLERS)	OTHER NOTES
							