

Baseline bladder and bowel chart



Name:

DOB:

Date begun:

PAD:	TOILET/ POTTY:
W = wet	T = toilet/ potty
D = dry	TU = wee
B = bowels open	TB = poo

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
DATE														
TIME	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink
7.00														
8.00														
9.00														
10.00														
11.00														
12.00														
1.00														
2.00														
3.00														
4.00														
5.00														
6.00														
7.00														
8.00														

Baseline bladder and bowel chart

The baseline bladder and bowel chart is designed to help families who are working on the skills for potty or toilet training their child. It will give you information about when your child is passing urine (having a wee) or opening their bowels (doing a poo). This can be used to help plan a toileting programme. It will also help you to see how your child's bladder and bowel are working and if there are any problems, such as constipation.

You will be able to use the information from the chart to help you know when your child is most likely to need a wee or poo. You can then take your child to the potty or toilet at these times as you will be most likely to 'catch' a wee or poo in potty or toilet then. Doing this can help your child learn where they should be going.

There is more information on potty and toilet training in the Bladder & Bowel UK information library.

Information to help complete the chart

The chart should be completed for at least three full days, or more if you can manage that. These days do not need to be consecutive, but your child needs to be at home for most of the time on the days the chart is being done, as you will need to check their nappy every hour they are awake. Schools and nurseries do not usually have the resources to help. The more days that are completed the greater the likelihood that you will be able to see if there are any patterns to when your child opens their bowels or passes urine. These patterns can be helpful for knowing the best time to sit your child on the potty or toilet when you are toilet training them.

Modern disposable nappies have special highly absorbent granules inside them. This holds the urine within the nappy, so that the layer of the nappy that is next to your child's skin, stays dry. This helps to stop their skin from getting red and sore, but it helps your child to feel dry, which makes them less aware of their bladder emptying than they would be if they felt wet. It also makes it more difficult for you to know when they have passed urine.

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Therefore, to complete the chart, something is needed inside the nappy to make it easy to see if your child has passed any urine. The nappy may not look wet if they have only passed a small amount of urine. If you put a piece of folded kitchen roll (one that does not disintegrate when wet) inside the nappy, it will be easy to see if they have been wet.

At the first nappy change of the day put a piece of kitchen roll inside the nappy. Then check your child's nappy every hour that they are awake. Record on the chart whether your child had passed any urine by marking W if they were wet, D if they were dry. If your child has had their bowels opened write B.

If the kitchen roll that you put inside the nappy is wet it should be changed, but the nappy can stay on until it cannot hold any more urine, or is soiled (i.e. when it would normally be changed). Continue like this until night time. Do not use the kitchen paper inside the nappy overnight.

If your child uses the toilet or potty, then write T in the pad column to show they sat on the toilet or potty. If they manage to pass urine on the toilet or potty write TU (for toilet urine). If they open their bowels on the toilet or potty write TB (for toilet bowels).

Every time your child has a drink then make a note in the drinks column. If possible, also write down what they had and how much. If your child has a tube feed, that should be recorded in the drinks column, with the volume. If your child has a meal, then make a note of that on the chart with the letter F (food).

Further information

Find more information about child bladder and bowel health in our information library at www.bbuk.org.uk.

You can also contact the Bladder & Bowel UK confidential helpline.

For further advice on bladder and bowel problems speak to your GP or other healthcare professional.