

HSE Enuresis Clinics Cavan-Monaghan

| Simple 48 hour Bladder-Bowel Diary for Enuresis | | | | | | | | | | | |
|--|-----------|---------|-----------|---------------|-----|--------------------|-----------|---------|-----------|---------------|-----|
| Childs Name: | | | | | | DOB: | | | | | |
| Day 1 Date: | | | | | | Day 2 Date: | | | | | |
| Time | Peeing | | Drinks | | Poo | Time | Peeing | | Drinks | | Poo |
| | How much? | Dry/wet | How much? | Type of drink | | | How much? | Dry/wet | How much? | Type of drink | |
| Night | | | | | | Night | | | | | |
| 05:00 | | | | | | 05:00 | | | | | |
| 06:00 | | | | | | 06:00 | | | | | |
| 07:00 | | | | | | 07:00 | | | | | |
| 08:00 | | | | | | 08:00 | | | | | |
| 09:00 | | | | | | 09:00 | | | | | |
| 10:00 | | | | | | 10:00 | | | | | |
| 11:00 | | | | | | 11:00 | | | | | |
| 12:00 | | | | | | 12:00 | | | | | |
| 13:00 | | | | | | 13:00 | | | | | |
| 14:00 | | | | | | 14:00 | | | | | |
| 15:00 | | | | | | 15:00 | | | | | |
| 16:00 | | | | | | 16:00 | | | | | |
| 17:00 | | | | | | 17:00 | | | | | |
| 18:00 | | | | | | 18:00 | | | | | |
| 19:00 | | | | | | 19:00 | | | | | |
| 20:00 | | | | | | 20:00 | | | | | |
| 21:00 | | | | | | 21:00 | | | | | |
| 22:00 | | | | | | 22:00 | | | | | |
| 23:00 | | | | | | 23:00 | | | | | |
| 00:00 | | | | | | 00:00 | | | | | |

Instruction: Every time you pee, write down the amount and if you were dry or wet. Also write down the amount and the type of drink you drank and put a tick if you have passed a poo.

Please bring this chart with you to the nurse or doctor.