



Pad:	Toilet/Potty:
W = wet	
D = damp	TU = wee
P = poo/soiled	TB = poo

BASELINE BLADDER/BOWEL CHART

CHILD'S NAME: _____

DOB: _____

DATE BEGUN: _____

	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 7	
DATE	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink	Pad	Drink
TIME														
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 / BOWEL CHART

Information to help complete the chart

In order to help plan a toileting programme and also to identify if there are any underlying problems, such as constipation, it is helpful if a baseline bladder and bowel chart is completed.

Modern disposable nappies have what is called 'super absorbency' inside the nappy which 'locks' away urine so the top layer of the nappy stays dry next to the child's skin.

This also means however that it is very difficult to know exactly how many times a day a child passes urine and whether they are dry after a nap, for example. What we suggest therefore is that a separate pad is put in the nappy so that when the nappy is checked it can easily be identified if the child has passed urine (wee). This could be folded pieces of kitchen roll (one that does not disintegrate when wet).

To begin filling in the chart we suggest a period of days is picked when either the child is going to be home for most of the time or when the recording is able to be done consistently at nursery. At the first nappy change of the day the kitchen roll liner is put inside the nappy. Every hour the nappy is then checked and a record made on the chart whether the pad was wet (W), or dry (D) or if the child has had their bowels opened (B). If the kitchen roll pad is wet then it should be changed, but the nappy can stay on until it cannot hold any more urine, or soiled (i.e. when it would normally be changed).

If the child uses the toilet or potty at any time then indicate in the Pad column if the child has a wee (TU) or a poo (TB) on the toilet
Every time the child has a drink then that should be recorded as well by putting a tick (✓) in the Drinks column.

The charting should be carried on for as many days as possible – the more days the better - as it will give you an idea if there are any patterns developing, however even a few days can be helpful.