

## Children's Bowel Diary

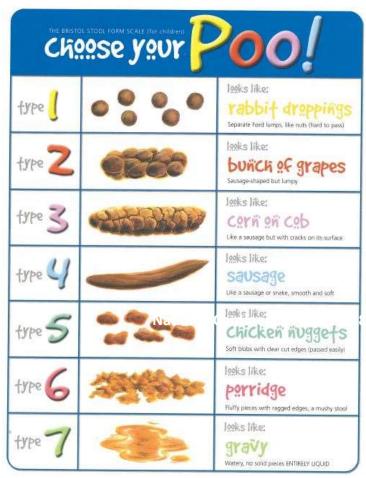


National Continence Helpline 1800 330 066

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## Instructions for completing the bowel diary:

- 1. Please write the date at the start of each day and the time your child went to toilet.
- 2. Fill in the bowel diary every time your child sits on the toilet, soils or has medication.
- 3. Record the type of bowel action (refer to the 'Choose your Poo!' chart below).
- 4. In column three, place an **A** if your child is asked to sit on the toilet or place an **I** if your child takes his/herself or asks to go to toilet.
- 5. In column four write an **S** for soiling (dirty pants) and\or **W** for wetting accident.
- 6. In column five write any additional comments such as medication given and dose, size/amount of poo such as skid mark, smear or whole bowel motion and if there was any pain or straining. You can also include amount and type of fluid intake.
- 7. Keep a record for 14 days and take back to your health professional.





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Refer to "instructions for completing the bowel diary"



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| Date/Time | Poo type as per<br>Bristol Stool<br>scale<br>0 = bowels not<br>opened<br>Type 1 - 7 | Asked to sit or Initiated sit | Soiling or Wetting accident S or W | <ul> <li>Comments may include:         <ul> <li>Medication- laratives</li> </ul> </li> <li>Amount (skid mark, smear or whole bowel motion)         <ul> <li>Pain</li> <li>Straining</li> <li>Fluid intake</li> </ul> </li> </ul> |
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