DOERNBECHER CHILDREN'S Hospital
OHSU

Pediatric Urology
Pee and Poop Diary with Pee Amounts

Name: _____ DOB:_____

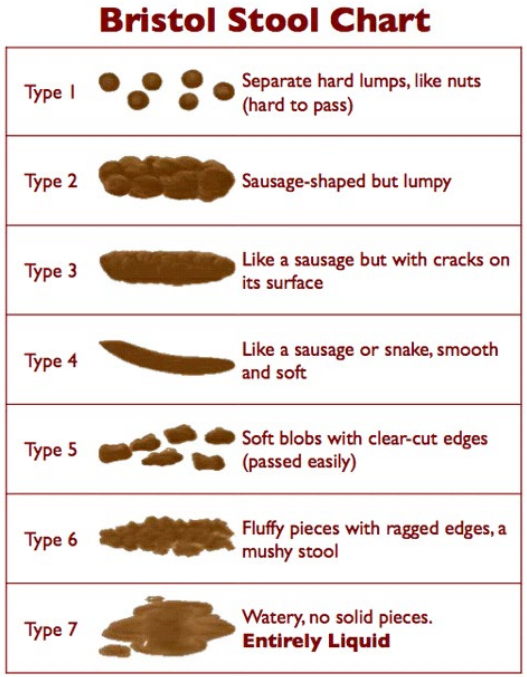
Please keep a diary of your child's peeing and pooping for 4 days in a row. We want to know each time your child peed, pooped, or had any accidents (either pee or poop). This is very important information for your child's appointment and we may need to cancel or reschedule your child's appointment if the forms are not filled out before the appointment. Please read the instructions carefully before starting this diary and call our office at 503-494-4808 if you have any questions about how to fill out this diary.

For each day please fill out the entire form even if your child does not have problems with daytime accidents or nighttime accidents.

1. Fill out the top line for each day and tell us the date you are recording and whether or not your child was wet or dry in the morning.
2. Each time your child drinks please write down how much your child drank. Measure this in ounces.
3. Every time your child pees or has a pee accident (any pee in the underwear/pull-up or clothes) write the time and Pee Score.
4. Write the amount your child pees when he/she has a full bladder using the measuring container you were given—we would like you to record the amounts for 3-7 times your child pees. The best time to record this is when your child pees for the first time in the morning. Measure this using "ml" amounts.
5. Every time your child poops or has a poop accident (streaks/smears of poop in underwear or full poop accident) write down the time and Poop Score.
6. Write down anything you think might be helpful in the comments section (child was obviously holding in poop or pee, child had to run quickly to the bathroom, etc.).

Pee Score:
0 = no pee in underwear
1 = a few drops in underwear, pants dry
2 = wet underwear, needs to change underwear
3 = soaked underwear and clothing, needs to change underwear and pants

Poop Score: (Bristol Stool Chart)
1 = separate hard lumps, like nuts
2 = sausage-shaped but lumpy
3 = like a sausage or snake but with cracks on its surface.
4 = like a sausage or snake, smooth and soft
5 = soft blobs with clear-cut edges
6 = fluffy pieces with ragged edges, a mushy stool
7 = watery, no solid pieces



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Day #1 Date: _____
This morning underwear/pull-up/bedsheets were: Wet____ Dry____

Time	Drinking amounts (in ounces)	Pee Score	Poop Score	Pee amounts (in mls)	Poop smearing or poop accident in underwear?		Comments:
					Yes	No	

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Day #2 Date: _____
This morning underwear/pull-up/bedsheets were: Wet____ Dry____

Time	Drinking amounts (in ounces)	Pee Score	Poop Score	Pee amounts (in mls)	Poop smearing or poop accident in underwear?		Comments:
					Yes	No	

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Day #3 Date: _____
This morning underwear/pull-up/bedsheets were: Wet____ Dry____

Time	Drinking amounts (in ounces)	Pee Score	Poop Score	Pee amounts (in mls)	Poop smearing or poop accident in underwear?		Comments:
					Yes	No	

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Day #4 Date: _____
This morning underwear/pull-up/bedsheets were: Wet____ Dry____

Time	Drinking amounts (in ounces)	Pee Score	Poop Score	Pee amounts (in mls)	Poop smearing or poop accident in underwear?		Comments:
					Yes	No	