



Baseline bladder and bowel chart

Continence care for children and young people

Instructions

Complete a baseline bladder and bowel chart in order to help plan a toileting programme. It will also help to identify if there are any underlying problems, such as constipation.

Modern disposable nappies are convenient but make it difficult to know exactly how many times a day the child or young person passes urine and whether they are, for example, dry after a nap. The modern nappy has a 'super absorbency', which locks away urine so the top layer of the nappy stays dry next to the skin. This maintains skin health, but reduces the likelihood of the child feeling wet. The steps below are recommended in order to establish the baseline wetting and soiling of the child or young person.

Completing the chart

The parent or carer should complete the chart for at least three full days or as long as they can manage. The days do not have to be consecutive, but the child needs to be at home for most of the time. Schools and nurseries do not usually have the resources to help, so charts should be done at weekends or during school holidays. The more days that are completed, the greater likelihood that any patterns of bowel actions and voids will be identified. This can be helpful for toilet training.

Steps

1. Something is needed inside the nappy to make it easy to identify if the child has passed urine. This could be a folded piece of kitchen roll (one that does not disintegrate when wet).
2. At the first nappy change of the day the kitchen roll liner is put inside the nappy.
3. The nappy must then be checked hourly and a record made on the chart whether the pad was wet (W), or dry (D) or if the child's bowels opened (B). If the kitchen roll is wet then it should be changed, but the nappy can stay on until it cannot hold any more urine, or is soiled (that is, when it would normally be changed).
4. If the child uses the toilet or potty at any time indicate in the 'pad' column if the child has a wee (TU) or a poo (TB) on the toilet.
5. Every time the child has a drink, record this in the 'drinks' column, along with the volume and type of drink if possible. If the child has a tube feed this should be recorded in the drinks column, along with the volume.

Baseline bladder and bowel chart

Child's name: _____ DoB: _____ Age: _____ Date started: _____

Pad:	Toilet or potty:
W (wet)	TU(wee)
D (dry)	TB (poo)
P (poo/soiled)	

Date	DAY 1			DAY 2			DAY 3			DAY 4			DAY 5		
	Drink type	Drink amount	Toilet/ pad/nappy	Drink type	Drink amount	Toilet/ pad/nappy	Drink type	Drink amount	Toilet/ pad/nappy	Drink type	Drink amount	Toilet/ pad/nappy	Drink type	Drink amount	Toilet/ pad/nappy
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19:00															

For more resources visit: www.hse.ie/continencecare

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