

In and Out Record

A drinking
and
weeing chart

Name

Date & Time of day	Drinks In (measure in mls) & Type of drink	Wees Out (measure in mls)	Night: dry or wet Day: dry, damp or wet
<i>Example:</i> Monday 1st Feb 7.30am 7.45am	milk with cereal 120mls juice 80mls	100 mls	Night: dry Day: pants dry
Day 1 Date:			
Day 2 Date:			
Day 3 Date:			



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Please turn over for Notes and to record Day 4

In and Out Record

Date & Time of day	Drinks In (measure in mls) Type of drink	Wees Out (measure in mls)	Night: dry or wet Day: dry, damp or wet
<i>Example</i> Monday 1st Feb 7.30am 7.45am	milk with cereal 120mls juice 80mls	100 mls	dry
Day 4			
Date:			

Notes

Why recording drinks and wees can help

Now that you've identified there's a problem, whether it's bedwetting, daytime wetting or damp pants in the day, it's helpful to find out how your child's bladder is behaving - are they drinking enough? how often do they need to wee? and how much wee does their bladder hold?

How to complete the In and Out Record

Completing this record for at least 3 days and nights (they don't need to be consecutive days) will be a useful starting point for you and for health professionals to identify any problems.

Completing the In and Our Record on school days

It may be easier to complete this record at weekends or during school holidays. However, childrens' weeing and drinking patterns are often very different on school days and it will be useful to include at least one school day in the record. There's no need to measure the wee on school days, and of course you won't know the times of day; simply put a tick to indicate that you child had a wee - and also record drinks.

How to measure wee

You can buy a cheap plastic measuring jug to measure the wee in. Younger children may be happy to use a potty on the days you are recording, you can then simply pour from the potty into the jug. Boys can wee straight into the jug. Girls will probably find it difficult to wee straight into a small jug, and can be encouraged to sit on the toilet and wee into an empty rectangular container (eg an ice-cream tub) placed in the toilet so it rests above the water and then you can pour the wee into the jug to measure. Place the jug on a flat surface before taking the measurement and always record in mls.

After every measurement, empty the wee into the toilet, rinse and dry the jug and wash your hands.