









Instructions – Week 2

During week 2: you only need to record when bedwetting occurs.
WS, WM, WL and note BO for Bowels open.




PLEASE NOTE THAT WE NEED A RECORD OF BEDWETTING FOR THE FULL TWO WEEKS.

DATE STARTED NAME

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Urine	Urine	Urine	Urine	Urine	Urine	Urine
							
6am							
7am							
8am							
9am							
10am							
11am							
Midday							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Wet beds							
							

THE BASTOL STOOL FORM SCALE (for children)

choose your POO!

type 1		looks like rabbit droppings <small>Separate hard lumps, like nuts (hard to pass)</small>
type 2		looks like bunch of grapes <small>Sausage-shaped but lumpy</small>
type 3		looks like corn on cob <small>Like a sausage but with cracks on its surface</small>
type 4		looks like sausage <small>Like a sausage or snake, smooth and soft</small>
type 5		looks like chicken nuggets <small>Soft blobs with clear cut edges (passed easily)</small>
type 6		looks like porridge <small>Fluffy pieces with ragged edges, a mushy stool</small>
type 7		looks like gravy <small>Watery, no solid pieces ENTIRELY LIQUID</small>