**Guidance**

1. We would like you to record 14 days, using the sheets enclosed. Please record a mix of school days and weekends. We have also enclosed a letter for you to give to your child’s school to support their referral into our service. The school can contact us on 01473 260917 for further guidance.
2. The most important thing is accuracy – it doesn’t matter if the days are not one after the other. On a school day, please ask the school to help record as much as possible (we realise this isn’t always possible and we do not expect the school to measure volumes of wee). You can help by measuring measure before and after school and ask your child what happened at school (for example, how many times did they use the toilet) and note how much they have left in their drink bottle and what they drank at school.
3. Write down every drink, every wee, including wetting, and every poo, including soiling. Write by the nearest hour – you don’t have to record the exact time.
4. Please measure drinks and urine in mls.
5. If it is not possible to measure the occasional wee, please tick in the box to show the child has passed urine.
6. Do not send your child to the potty or toilet – try and record a normal day and let them go when they want to.
7. Some children will be able to wee straight into a measuring jug. If they can’t, younger children can wee into a potty which you can then empty into a measuring jug. Older children might prefer to wee into a plastic bowl in the toilet – but make sure you catch all the wee! Tip into a measuring jug to measure.
8. In the Stool Type column, write down the number from the Bristol Stool Chart that best describes the poo – see image overleaf.
9. If your child gets up at night for a wee, they can just use the toilet normally. Tick to say they have been. Tick if they wet the bed/nappy/pull-up.

**Advice on fluid intake:**

• Adequate daily fluid intake is important in the management of bedwetting

• A suggested intake of drinks is given below:

• The consumption of caffeine based drinks should be avoided in children and young people with bedwetting.

|  |  |  |
| --- | --- | --- |
| AGE | SEX | TOTAL DRINKS PER DAY |
| 4-8 YEARS | FEMALE  MALE | 1000-1400 ML  1000-1400 ML |
| 9-13 YEARS | FEMALE  MALE | 1200-2100 ML  1400-2300 ML |
| 14-18 YEARS | FEMALE  MALE | 1400-2500 ML  2100-3200 ML |

