

# Division of Urology Voiding Charts

Week of	Wake Up	Midmorning	Lunch	Midafternoon	Dinner	Bedtime	Bowel Movement	Overnight
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

## Directions

1. Check the box each time you empty your bladder (✓ = pee). Remember your child needs to TRY to use the bathroom every 2-3 hours, even if he doesn't feel like he has to go. To help, he could put his feet up on a stool and review relaxation techniques.
2. Your child should drink three \_\_\_\_\_-ounce glasses of water every day. He or she should drink each glass in 5-10 minutes. Put a W in the chart each time your child drinks a glass of water.
3. A = accident and D = damp pants. When these things happen, mark them in the chart.
4. Put an X in the bowel movement box when your child has a bowel movement. If we are concerned about constipation, please describe the bowel movement. (For example, was it hard or painful to pass?) Your child can use \_\_\_\_\_ as a stool softener.
5. In the overnight column, please write "Dry" or "Wet."

If you are returning for a follow-up visit, it's very important to bring back your calendars so we can review them. This helps us know how your child is doing so we can adjust care. Thank you!