

# Voiding Record/Log Directions

**Voiding Record:** The voiding record is the piece of paper that lists times of day and has several columns. It is important for us to get an idea of how much fluid your child drinks and their voiding patterns. You should have been given a container to collect and measure the urine. On the day you are recording, measure the amount of urine in the container, bowel movements (both the size and shape), and accidents. If you miss measuring the urine, or there is an accident, mark that with a check mark. You do not have to save the urine. If your child urinates less than the bottom mark on the container write "less than 50 ml." Record "D" for any damp underwear, "S" for any soaked clothes or "P" for any pain. We usually have you collect a voiding record over several days to get a true idea. It is best to do this when at home, do not try to measure at school. We like one day shortly after your visit, and then again at least a month later to see if the behavioral modification/treatment is helping.

**Voiding Log:** The Voiding Log is the booklet with the picture on the front. This is like a diary of what you notice. It should be completed over a week shortly after your visit and then another week at least a month later. For the voiding log you should put check marks if your child voids at the suggested times (upon awakening, before breakfast, midmorning, before lunch, midafternoon, before dinner and bedtime). If your child does not void at the suggested time do not put a check mark. Please list under total how many times your child urinated for the day. If your child had a bowel movement put a check mark by "poop," if they did not have a bowel movement that day leave blank. Under "Daytime Accidents" please list number of daytime damp underwear or soaked clothes. Under "Night time Accidents" please put a check mark if they had any bedwetting. Under "Dancing or Running to the Bathroom" please put a check mark if your child had any urinary urgency or posturing/dancing – signs that you know they need to urinate even if they do not. Under "Frequency Dinner to Bedtime" please count how often your child urinates between dinner and bedtime. This gives us a small picture of the frequency of urination. Under "Comments" please list any thing else that you notice related to the bladder or bowel, such as: less wet at night, what is different between wet and dry nights, bowel movements so large they almost clogged the toilet, any abdominal-perineal or penis pain.

**If you have any questions please call our office at 314-454-6034. You may call and speak to the doctor or nurse, or you may fax in the log to 314-454-2876 and include a number where the doctor can call you back. You may also bring the logs with you to your next appointment.**