

INTAKE/OUTPUT CHART

What does healthy poo look like?



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Instructions for parents completing intake/output charts

1. Choose a day when your child is going to be home all day – not a school day!
2. Your doctor or nurse will tell you how many days they would like to be recorded. The most important thing is accuracy – it doesn't matter if the days are not consecutive.
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 to the left.
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.

Child's name _____

INTAKE/OUTPUT CHART

Date _____

| Time | Drinks volume | Drinks type | Urine volume | Nappy/pad/pants - damp/wet/soaking | Stools quantity - small/medium/large | Stool type - Bristol Stool number | Where were stools passed? | |
|-------------------|---------------|-------------|---------------|------------------------------------|--------------------------------------|-----------------------------------|---------------------------|--------------------|
| | | | | | | | Into nappy/pad/pants? | Into toilet/potty? |
| 7 am | | | | | | | | |
| 8 am | | | | | | | | |
| 9 am | | | | | | | | |
| 10 am | | | | | | | | |
| 11 am | | | | | | | | |
| 12 pm | | | | | | | | |
| 1 pm | | | | | | | | |
| 2 pm | | | | | | | | |
| 3 pm | | | | | | | | |
| 4 pm | | | | | | | | |
| 5 pm | | | | | | | | |
| 6 pm | | | | | | | | |
| 7 pm | | | | | | | | |
| 8 pm | | | | | | | | |
| 9 pm | | | | | | | | |
| 10 pm | | | | | | | | |
| Night Time (tick) | | | Passed urine? | Wet bed? | | | | |
| TOTALS | | | | | | | | |