







INTAKE/OUTPUT CHART

POO CHECKER What's your poo telling you?



	TYPE 1 Small hard lumps like rabbit droppings. <i>This suggests severe constipation.</i>
	TYPE 2 Sausage shaped, but hard and lumpy. <i>This suggests constipation.</i>
	TYPE 3 Sausage shaped, but hard, with cracks on the surface. <i>This suggests constipation.</i>
	TYPE 4 A soft, smooth sausage - THE IDEAL POO!
	TYPE 5 Separate soft blobs <i>May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.</i>
	TYPE 6 A mushy stool <i>May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.</i>
	TYPE 7 A liquid stool <i>This could be diarrhoea or overflow.</i>

*Based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.

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								