**Steps to Developing Bladder Control**

If you get the sudden feeling you need to wee (urgency):

* Check the feeling for 5 seconds.
* If the feeling goes away, that’s great your bladder is working for you.
* If the feeling becomes stronger, go for a wee straight away – that’s you being in control.

Check your Progress:

You should find:

* Less urgency to wee
* Increased bladder capacity
* Less accidents

Measure bladder capacity:

* When you have a feeling that your bladder feels full, wee into a measuring jug
* Make a note of the volume (in mls)
* Avoid the first wee on a morning
* Take one or two measures a week.

Toileting:

* Plan to go for a wee 6 – 7 times a day
* Either go each time you have a drink or at break times at school - you decide

Drinks:

* Have 6 – 7 drinks regularly through the day (up to two hours before you go to sleep).
* Drinking improves your bladder.

**Suggested Volumes of Fluid to be Drunk Each Day**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight | | Fluid Intake | | |
| Stone lb | Kg | Litres | Half Pints | 250 ml Glasses |
| 1:7 | 9.5 | 0.95 | 4 | 4 |
| 2:0 | 12.7 | 1.14 | 5 | 5 |
| 2:7 | 15.9 | 1.30 | 5 | 6 |
| 3:0 | 19.1 | 1.45 | 6 | 6 |
| 3:7 | 22.3 | 1.55 | 6 | 7 |
| 4:0 | 25.5 | 1.61 | 6 | 7 |
| 4:7 | 28.6 | 1.67 | 6 | 7 |
| 5:0 | 31.8 | 1.74 | 7 | 7 |
| 5:7 | 35.0 | 1.80 | 7 | 8 |
| 6:0 | 38.2 | 1.86 | 7 | 8 |
| 6:7 | 41.4 | 1.93 | 7 | 8 |
| 7:0 | 44.5 | 1.99 | 8 | 8 |
| 7:7 | 47.7 | 2.05 | 8 | 9 |
| 8:0 | 50.9 | 2.12 | 8 | 9 |
| 8:7 | 54.1 | 2.18 | 8 | 9 |
| 9:0 | 57.3 | 2.25 | 8 | 9 |
| 9:7 | 60.5 | 2.31 | 9 | 10 |
| 10:0 | 63.6 | 2.37 | 9 | 10 |
| 11:0 | 90 | 2.50 | 9 | 11 |
| 12:0 | 76.4 | 2.63 | 10 | 11 |
| 13:0 | 82.7 | 2.75 | 10 | 12 |
| 14:0 | 89.1 | 2.88 | 11 | 12 |
| 15:0 | 95.5 | 3.01 | 11 | 13 |
| 16:0 | 101.8 | 3.14 | 12 | 13 |

Over the next two weeks, can you consider how often you:

**Daytime:**

* Had a sense of urgency Often Rarely

(Sudden need to dash to the toilet)

* Frequent Toileting Often Rarely

(More than 7 times a day)

* Passed Small Volumes Often Rarely

(With small maximum voided volume)

Over the next 2 – 3 weeks we would like to find out how much your bladder holds. To do this we need you to wee into a measuring jug when you have the feeling that your bladder is full (really, really desperate to go for a wee). Could you make sure:

* **Not** to measure the first wee on a morning
* Only do this particular measure once in a day
* Record the measure (in mls) 3-5 times

1 \_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_

4 \_\_\_\_\_\_\_\_\_\_\_\_

5 \_\_\_\_\_\_\_\_\_\_\_\_

Expected (ml): age X 30 + 30 = \_\_\_\_\_\_

Visit <https://www.eric.org.uk/Pages/Category/daytime-wetting> for further advice and information.

**Fluid Flow Recording Chart for completion at Home**

Instructions for completion are on the reverse of this chart.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Awake Time**  **& Bed time** | **Day**  **1** | | **Day**  **2** | | **Day**  **3** | | **Day**  **4** | **Day**  **5** | **Day**  **6** | **Day**  **7** | **Day**  **8** | **Day**  **9** | **Day 10** | **Day 11** | **Day 12** | **Day 13** | **Day 14** |
| **Drinks** | **Urine/**  **BO** | **Drinks** | **Urine/**  **BO** | **Drinks** | **Urine/**  **BO** |
| 6 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 am |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Midday |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Overnight (specify time):** | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Volumes**  **Daytime**  **Bedtime** | | *For Clinic Use Only* | | | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Instructions for completing fluid chart for Parents and Carers**

***We need to measures all drinks in and urine out and bowels opened for at least 2 days (first 2-3 columns) and continue to record of bedwetting and bowels open for a full two weeks.***

Record all drinks, urine passed, bowels opened (BO), bedwetting, for example:

* ***500mls T*** - for 500mls sat on the toilet
* ***BO T*** - for Bowels open sat on toilet
* ***Wet N*** - Wet nappy/pull up
* ***BO N*** - Poo in nappy
* ***Wet A*** - Wee accident underwear/floor
* ***BO A*** - Poo accident underwear/floor

Urine amounts should be measured in mls using a suitable (old) jug

In the *drinks* column, record the time, amount and type of drink

If bedwetting occurs write *W* and an estimate of the amount of urine passed by writing, for example:

* ***W S*** - for a small amount
* ***W M*** - for a medium amount
* ***W L*** - for a large amount

If it is not possible to measure the amount of urine passed each time during every day (if you are out an about or at school), just write *T* to show a trip to the toilet

**INSTRUCTIONS FOR CHILDREN NOT TOILET TRAINED**

* The aim of this chart is to see if the child has the capacity to hold urine in their bladder.
* If the child can hold for up to two hours, consider toilet training.
* When the child gets up at the beginning of the day place a piece of kitchen roll into the nappy and check hourly to see if it is wet or dry.
* Replace the kitchen roll if it is wet, but the nappy can stay on until it is usually changed.