

BEDWETTING ALARM DIARY



Child's name _____ Date _____

Day	Time of bedtime wee	Time of wetting	Did the alarm wake you up?	Amount of wetting	Size of wee into the toilet	Did you help to change the bed?	Did you wake up by yourself to go to the toilet?
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Instructions for parents completing Bedwetting Alarm Diary

1. Try to fill in as much information as possible; this will help to assess whether or not the alarm is helping.
2. Start filling in the diary as soon as alarm treatment is started and continue until your doctor or nurse tells you to stop.
3. If your child wets more than once a night, complete the chart for all episodes.
4. In the **amount of wetting** column, choose one of the following options:
 - just nightwear
 - wet patch the size of a dinner plate
 - wet patch covering most of the middle of the bed
 - most of bed wet, including pillow and duvet.
5. In the **size of wee into the toilet** column, write down whether the wee was small, medium or large.

Signs of progress

1. Waking up more quickly when the alarm sounds.
2. Only one wetting incident per night rather than two or more.
3. The amount of wetting reduces.
4. The size of the wee into the toilet increases.
5. The time of wetting gets later.
6. Waking up at night to go to the toilet before wetting.
7. More dry nights!

REMEMBER, before starting to use an alarm read all the information in ERIC's Advice for children with night time wetting and ERIC's Bedwetting alarms - your questions answered