

# NIGHT TIME DIARY



Child's name \_\_\_\_\_ Date \_\_\_\_\_

Day	Time of bedtime wee	Time of wetting	Did it wake you up?	Amount of wetting	Size of morning wee	Colour of morning wee	Medicines given?
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

## Instructions for parents completing a night time diary

1. This diary can be used in two different ways:
  - i) to determine the main reason why night time wetting occurs, and
  - ii) to document progress when treatment is started.
2. Try to fill in as much information as possible; this will help to get the treatment right.
3. Write down *every* wetting incident, even if it is dampness in the child's pyjamas.
4. Fill in the diary for a whole week, or longer if your doctor or nurse asks for it.
5. If your child wets more than once a night, write down the time, whether or not they woke and the amount of wetting for *all* episodes.
6. The **time of wetting** can be difficult to determine. Your doctor or nurse may ask you to check the child's bed before you go to bed and if you get up in the night. Sometimes it is useful to set an alarm and check every couple of hours just for a couple of nights to try and assess exactly what is happening.
7. In the **amount of wetting** column, choose one of the following options:
  - i) just nightwear
  - ii) wet patch the size of a dinner plate
  - iii) wet patch covering most of the middle of the bed
  - iv) most of bed wet, including pillow and duvet
8. In the **size of morning wee** column, write down whether the wee was small, medium or large, or measure it in mls.
9. In the **colour of morning wee** column, try to give some idea of how concentrated the wee is. You might like to ask your child if it is more like apple juice, or more like water.
10. In the **Medicines given?** column, if your child has been prescribed some medicine for bedwetting, write down the dose and the time they took it.