How to use this diary

Do not forget to fill in your diary every day. Remember to bring your diary to your doctor each time you have an appointment.

Sits

Aim for 3 sits each day —

- After breakfast
- After school (or mid-afternoon on weekends)
- After tea

Use a small foot stool if your child's feet don't reach the floor while seated on the toilet.

Write the time suggested by your doctor for each sit on top of the left hand page for each month in the diary. This time may be reduced or increased later depending on progress.

Set the sit-time on an oven clock or other timer so there are no arguments about when the time is up.

If your child has a poo within the first minute or so of the sit, continue the sit for the full time because another poo may appear.

For every sit on the toilet put a tick.

If your child has a poo in the toilet at that time also, place a sticker over the tick.





Extra stickers

If your child has a poo into the toilet at a time other than at the regular sit times, place an additional sticker in the column "Extra Stickers".

Add up the stickers

At the end of each month, add up all the stickers for that month and write the total in the box at the bottom of the right hand page.

Tick if no soiling today

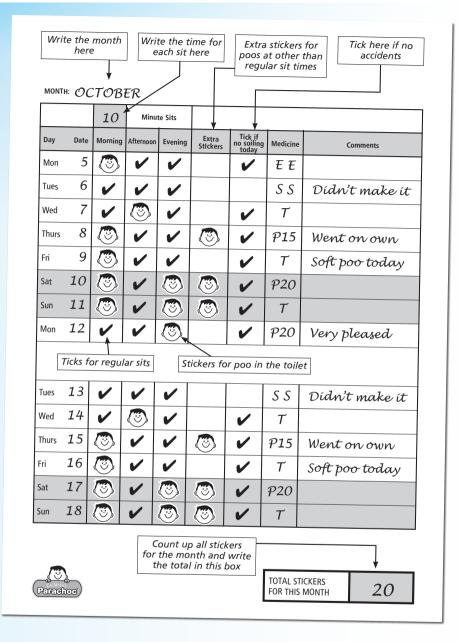
Write in the letter which corresponds to the medicine taken that day in the Medicine column.

- E for enema:
- S for suppository;
- T for tablet:
- P for Parachoc:
- G for granules.

If other medicines are used, use a different letter.

Medicine

Make a note in the Comments column of anything you want to remember to tell your doctor at the next visit. Take special note of whether your child develops feeling in the bottom about needing to do a poo. Occasionally record what the size and consistency of the poo is in the toilet.



Comments

Be positive and flexible

This program works very well for families who stick to the routine by keeping their child's morale high with lots of positive encouragement and support.

Do not be too disappointed with recurrence of accidents. Try and use the diary to understand why the accident might have occurred.

The Bristol Stool Form Scale

Parachoc* is a lubricant laxative containing liquid paraffin. It contains no bowel stimulant so it's suitable for long term use. It works by gently lubricating the bowel wall and softening the faecal mass. This makes stools easier for children to pass. Over time this enables the bowel wall to recover it's normal muscle tone.



It helps children achieve an ideal bowel movement which is a soft, smooth stool that looks like a sausage. This is classified as Type 4 on the Bristol Stool Scale.

Type 1	• • • •	Separate hard lumps, like nuts
Type 2	626	Sausage-like but lumpy
Type 3	63510	Like a sausage but with cracks in the surface
Type 4		Like sausage or snake, smooth and soft
Type 5	# 40 TO	Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces

The Bristol Stool Form Scale was developed at the University of Bristol, UK. It is a recognised, general measure of stool consistency or form. Use this scale to identify patterns or changes in bowel habit. Please note this is only a guide and should not be used as an exact measure.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

			Minute Sits					
Day	Date	Morning	Afternoon	Evening	Extra Stickers	Tick if no soiling today	Medicine	Comments
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								



TOTAL STICKERS FOR THIS MONTH

MONTH:

MONTH		Minute Sits						
Day	Date	Morning	Afternoon	Evening	Extra Stickers	Tick if no soiling today	Medicine	Comments
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
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