

## The Sue Atkins – My Night Time Diary



The Night Time Diary can be used to help determine the main reason why night time wetting is happening and to help you document your child's progress when treatment or intervention has started.

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.** Try to fill in as much information as possible as this will help to get the treatment right for your child
- 2.** Write down every wetting incident, even if it is dampness in your child's pyjamas.
- 3.** Fill in the diary for a whole week, or longer if your doctor asks for it.
- 4.** If your child wets more than once a night, write down the time, whether or not they woke and the amount of wetting as it helps to keep a record of progress.
- 5.** The time of wetting can be difficult to determine. Your doctor may ask you to check your 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.
- 6.** 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.
- 7.** In the size of morning wee column, write down whether the wee was small, medium or large.
- 8.** 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
- 9.** 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