

# 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.

Write the month here  
 Write the time for each sit here  
 Extra stickers for poos at other than regular sit times  
 Tick here if no accidents

MONTH: **OCTOBER**

		Minute Sits							
Day	Date	Morning	Afternoon	Evening	Extra Stickers	Tick, if no soiling today	Medicine	Comments	
Mon	5		✓	✓		✓	E E		
Tues	6	✓	✓	✓			S S	Didn't make it	
Wed	7	✓		✓		✓	T		
Thurs	8		✓	✓		✓	P15	Went on own	
Fri	9		✓	✓		✓	T	Soft poo today	
Sat	10		✓			✓	P20		
Sun	11		✓			✓	T		
Mon	12	✓	✓			✓	P20	Very pleased	
		Ticks for regular sits			Stickers for poo in the toilet				
Tues	13	✓	✓	✓			S S	Didn't make it	
Wed	14	✓		✓		✓	T		
Thurs	15		✓	✓		✓	P15	Went on own	
Fri	16		✓	✓		✓	T	Soft poo today	
Sat	17		✓			✓	P20		
Sun	18		✓			✓	T		

Count up all stickers for the month and write the total in this box

TOTAL STICKERS FOR THIS MONTH	20
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## 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 its 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 |  | Sausage-like but lumpy                         |
| Type 3 |  | Like a sausage but with cracks in the surface  |
| Type 4 |  | Like sausage or snake, smooth and soft         |
| Type 5 |  | 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								
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TOTAL STICKERS FOR THIS MONTH	
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MONTH:

		Minute Sits						
Day	Date	Morning	Afternoon	Evening	Extra Stickers	Tick if no soiling today	Medicine	Comments
Mon								
Tues								
Wed								
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Remember to complete this diary every day.  
Make sure you bring your diary to your next appointment.