Goal: One to Two Stools per Day Type 4 or 5
The Bristol Stool Form Scale

THE BRISTOL STOOL FORM SCALE (for children)
choose your POO!

type 1	looks like: **rabbit droppings** — Separate hard lumps, like nuts (hard to pass)
type 2	looks like: **bunch of grapes** — Sausage-shaped but lumpy
type 3	looks like: **corn on cob** — Like a sausage but with cracks on its surface
type 4	looks like: **sausage** — Like a sausage or snake, smooth and soft
type 5	looks like: **chicken nuggets** — Soft blobs with clear-cut edges (passed easily)
type 6	looks like: **porridge** — Fluffy pieces with ragged edges, a mushy stool
type 7	looks like: **gravy** — Watery, no solid pieces ENTIRELY LIQUID

Children's Mercy Hospital

Urology/Surgery <u>816-234-3199</u>

Management of Voiding Dysfunction

Timed Voiding: Go to the bathroom every 2 hours on a timed schedule whether you feel the urge to go or not.

- Void first thing in the morning and at bedtime always

- Double voiding – after urinating, wait 30 seconds then try to go again

- Take advantage of breaks during school to use the bathroom

Drink plenty of fluids: average of 1 ounce of fluid per 2 pounds of body weight at least on a daily basis.

Avoid Constipation: Goal of at least 1-2 soft stools daily

- Support feet while sitting on toilet

- Supplemental fiber – child's age plus 5 grams daily

- Track stools – see Bristol Stool Chart

Avoid Food/Drinks that Stimulate Bladder:

- Chocolate/caffeine/soda pop

- Fruit juices high in citrus (orange, grapefruit, lemon, lime)

- Artificial colors in food/drinks (Gatorade, PowerAde, Kool-Aid, popsicles, cereal, etc.)

- Limit dairy products to 2-3 servings per day

- Artificial sweeteners (Aspartame, Splenda, anything Diet or Light)

Reward and Recognize effort NOT dryness!

- Positive incentives work well/keep sticker chart

*Call clinic if questions or problems resolve and need to cancel appointment.