

My child's fluid record

To help us with your child's care, please keep track of how much your child drinks and how much urine your child pees. Measuring fluids gives us very important information about your child's health.

Your child's fluid record helps us know if:

- Your child is drinking enough fluids
- Your child is having trouble peeing or emptying his or her bladder
- There is enough fluid going in and out of your child's body
- Your child is ready to go home

What do I need to do?

1. Measure how much your child drinks

Each time your child drinks, write the amount in the "IN" column of your child's fluid record. To help you, there is a list of common serving amounts on the back of this sheet.

2. Measure how much urine your child pees

If your child wears diapers and you change them, please keep these for the nurse to weigh.

Each time your child uses the bathroom:



- Put your child's collection hat in the toilet
- After your child pees, note how much urine is in the hat
- Empty and rinse the hat into the toilet, then place it on the shelf
- Wash your hands
- Write the amount of urine in the "OUT: Urine" column

3. Record each bowel movement

Each time your child has a bowel movement (poo), put a checkmark in the "Bowel Movement" column.

Your nurse will collect this form and enter the amounts in your child's health record. If you have any questions, please ask your child's nurse.

My child's fluid record

 Day	IN	OUT: Urine	Bowel Movement	 Night	IN	OUT: Urine	Bowel Movement
7 am				7 pm			
8 am				8 pm			
9 am				9 pm			
10 am				10 pm			
11 am				11 pm			
12 noon				12 midnight			
1 pm				1 am			
2 pm				2 am			
3 pm				3 am			
4 pm				4 am			
5 pm				5 am			
6 pm				6 am			

Common serving amounts		
Milk carton	Small	125 ml
	Medium	237 ml
Plastic cup	Small	180 ml
Styrofoam cup	Large	300 ml
Juice container	Small	114 ml
Soup	Broth	180 ml
	Ready to serve	212 ml
Ice cream		115 ml
Jello		125 ml
Can of pop		355 ml
Popsicle		50 ml
Pedialyte freezer pops		62 ml

Example

Between 7 and 8 am your child:

- Drank a small carton of milk (125ml) and had 1 popsicle (50ml).
 $125 + 50 = 175$ ml of fluid
- Passed 120 ml of urine
- Had a bowel movement

How to enter this in the fluid record:

Time	IN	OUT: Urine	Bowel Movement
7 am	175 ml	120 ml	✓

Please discard this in confidential waste.