

DAILY LOG

Name: _____

INSTRUCTIONS



INSTRUCTIONS

to fill out the daily log

Complete the following information:

- * **DATE and BEDTIME** : A daily log represents the period from when the child goes to bed until waking up the next morning.
- * **LIQUID (oz / ml)** : Record the amount of liquid intake 5 to 10 minutes before bedtime.
- * **TIME OF URINATION** : Indicate the time of urination. If the time is unknown, write "Unknown" or use "?"
- * **AWAKED BY** : Indicate if the child was awakened by the alarm ("A") or a parent ("P").
- * **SIZE OF URINATION** : Indicate the size of urination with an "X."
 - **LARGE** : The bed sheet is very wet and needs to be changed, or the diaper is full.
 - **MEDIUM** : The urine stain measures more than 3 inches (7.5 cm), or the diaper is moderately wet.
 - **SMALL** : The urine stain measures less than 3 inches (7.5 cm), or the diaper is barely wet.
- * **WITHOUT ALARM** : Mark an "X" if the child got up alone or did not urinate.
 - **AWAKE** : The child woke up on their own, without the alarm or anyone's help, and went to the bathroom.
 - **NO URINATION** : Mark with an "X" if the child did not urinate. He did go to the bathroom and restrained himself all night.
- * **TOILET ?** : Did the child finish urinating in the toilet? If so, mark an "X."

If the device is not used for one or more nights due to illness, sleepovers, visitors, vacations, etc...

Do not fill out the daily log for those nights. Instead, record the date of the last night the device was used, and on the next line, write the date of the next night it was used. During these nights, limit fluid intake one hour before bedtime.

End of treatment : The treatment should be continued until the child has completed 14 consecutive dry nights or more, while drinking freely.

Example / Demo

NIGHT'S DATA				URINATION DATA								
				Alarm urination in bed					Without alarm		Toilet	
Night No	Date	Bedtime	Drink oz ml ☐ ☒	Miction No	Urination time	Awaked by A : Alarm P : Parent	Large x	Medium x	Small x	Awake x	No urination x	If Yes
1	Dec 28	19:30	250	1	23:25	P	X					X
				2	1:40	A			X			X
				3	?				X		X	
				4								
				5								
From bedtime to morning												

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