# Bowel & Bladder Tracking Log

Keep it practical · protect dignity · record the pattern

A caregiver log for bathroom patterns, bowel movements, leaks and related notes to share with the care team.

## What to track · privacy · care-team instructions

Use neutral words and keep the person's comfort first.

A bladder or stool diary can help the clinician understand patterns. Ask which details to collect and for how long. The log records events; it does not identify their cause. [1, 2]

**THIS LOG IS FOR (NAME)**

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**PRIMARY CAREGIVER**

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**TRACKING DATES**

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**CLINICIAN / PHONE**

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# 1 AGREE WHAT THIS LOG SHOULD CAPTURE

CURRENT CONCERN / USUAL BOWEL AND BLADDER PATTERN

TRACKING REQUEST / NUMBER OF DAYS

SOURCE: SELF-REPORT / OBSERVED / BOTH

WHAT TO MEASURE, IF REQUESTED / UNITS / HOW TO RECORD UNKNOWN AMOUNTS

# 2 KEEP CURRENT INSTRUCTIONS CLOSE

EXISTING TOILETING / FLUID / MEDICINE PLAN: WHERE IT IS KEPT

WHEN TO CONTACT THE CARE TEAM

AFTER-HOURS CONTACT

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Protect privacy. Do not change fluids, medicines, laxatives or catheter care based only on this worksheet.

## Bladder events · drinks · urgency · leaks

# 3 BLADDER AND DRINK RECORD [1]

Record relevant drinks, bathroom trips, urgency and leaks. Use amounts only when requested and known; label an estimate. Note the activity or situation around the event.

| DATE / TIME | DRINK / AMOUNT / UNIT | URINATION / AMOUNT IF REQUESTED | URGENCY / LEAK | ACTIVITY / NOTES |
|---|---|---|---|---|
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| DATE / TIME | DRINK / AMOUNT / UNIT | URINATION / AMOUNT IF REQUESTED | URGENCY / LEAK | ACTIVITY / NOTES |
|---|---|---|---|---|
| | | | | |
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**PAIN, DISCOMFORT OR OTHER CHANGE / WHEN REPORTED**

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If the care team requests catheter measurements or a separate intake/output record, use their instructions and document where that record is kept.

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# Bowel events · care-team contact · follow-up

## 4 BOWEL MOVEMENT RECORD [2]

Describe the stool in plain words, such as hard, formed, loose or watery. Record blood or other unusual changes as observations to report, not a diagnosis.

| DATE / TIME | DESCRIPTION / STRAINING / DISCOMFORT | URGENCY / LEAK / NOTES |
|---|---|---|
| | | |
| | | |

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| DATE / TIME | DESCRIPTION / STRAINING / DISCOMFORT | URGENCY / LEAK / NOTES |
|---|---|---|
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| | | |
| | | |

# 5 CONTACT AND NEXT STEPS

### DATE / WHO WE CONTACTED / ADVICE RECEIVED

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Contact the care team promptly about new pain, bleeding or other concerning changes. Do not wait to finish the log. For a life-threatening emergency, call 911. [3]

Sources informing this resource · Original worksheet prompts by TCC

[1] NIDDK — Diagnosis of Bladder Control Problems

[2] NIDDK — Diagnosis of Fecal Incontinence

[3] MedlinePlus — Emergency Medical Services

Sources checked September 10, 2026. Use the person's individualized care instructions.

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, transportation details, and other important care information in one secure workspace.

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