

## Instructions for Over Active Bladder

### Eliminate All:

- Caffeine
- Carbonation
- Citrus Juices
- Chocolate - (Ovaltine® is OK)
- Decrease dairy products

**Timed Voiding:** Urinating every 2-3 hours whether the child feels the urge to urinate or not. Getting on a schedule for urination helps your child empty bladder more effectively.

### Double and Triple Voiding:

When your child has finished urinating wait 20-30 seconds to see if additional urine comes out. Count to twenty and see if more urine evacuates. An empty bladder is a happy bladder.

### Corn Test:

Have your child eat corn once a week. Observe for corn in stool. If corn is not seen in the stool the next 24-48 hours there may be a problem with transit time and your child may benefit from a bowel program/stool softener (Glycolax® / MiraLAX®).

## BRISTOL STOOL FORM SCALE

### TYPE 1

Separate hard lumps, like nuts  
(hard to pass) Transit Time 100 hours



### TYPE 2

Sausage shaped but lumpy



### TYPE 3

Like a sausage but with cracks  
on its surface



### TYPE 4

Like a sausage or snake,  
smooth and soft



### TYPE 5

Soft blobs with clear cut edges  
(passed easily)



### TYPE 6

Fluffy pieces with ragged edges,  
a mushy stool



### TYPE 7

Watery, no solid pieces

ENTIRELY LIQUID

