# **Health Facts for You**



## **Pediatric Elimination Program**

#### **Increase Fluids**

- Children should drink \_\_\_\_\_\_\_, 8 ounce servings of fluid every day.
- At least half of the fluid should be water
- Avoid drinks with caffeine, bubbles, citrus and chocolate. These may irritate your child's bladder and cause more wetting accidents.

## **Timed Voiding**

- **Make** a bathroom routine. Your child should go to the bathroom at least every 2 hours during the day.
- Use a timer to remind your child when it's time to use the bathroom.
- Have them go to the bathroom when they wake up in the morning.
- Do not rush when going to the bathroom. Tell your child to slowly breathe in and out. This will help them relax and fully empty their bladder.
- Put your child's feet flat on a foot stool. This will help them relax.
- Your child should urinate in a "steady stream". Running water in the sink may help your child know what this should look like.
- Boys can place Cheerios<sup>®</sup> in the toilet bowl and try to "sink" them or place soap in the bottom of a potty training chair. A steady urinary stream will make the soap bubble.

#### **Regular Bowel Habits**

 Your child should have one long, soft and easy to pass stool once a day. Type 4 on the Bristol Stool Chart is best. Eat a high fiber diet. Your child should eat\_\_\_\_\_\_of fiber daily.

- Plan meals and take your time eating.
- Set times to use the bathroom. Help your child to relax and don't rush.
- Increase activity time. Being active, can help your child have a bowel movement.
- If your child has trouble with a daily soft bowel movement, talk to your provider about adding a fiber supplement.
- If your child is unable to have a regular bowel movement, talk to your provider about adding a stool softener or laxative.

### **Good Hygiene (For Girls)**

- Wipe front to back
- Change wet clothes as soon as you can.
- Tell your child to sit on the toilet with legs wide open and place her elbows on her knees. Place her feet on a foot stool so they are kept flat.
- Send extra clothing to school in case of wetting accidents.
- Wear cotton underwear.
- Avoid bubble baths and soaps with dyes or perfumes.
- Diaper creams may protect the skin from wet clothing and help heal irritated skin.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7518