

## Bijlage 9a

## Poepdagboek

### Regionale transmurale afspraak Zuidoost Brabant

#### Poepdagboek

Dit dagboek kunt u gebruiken om een beeld te krijgen van het poepgedrag van uw kind. Gebruik dit dagboek 2 tot 3 weken.

|                         |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Datum                   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poep op toilet of luier | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poepveeg in broek/luier | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poep in broek           | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poeptraining*           | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                         | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Type ontlasting **      |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Buikpijn                |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poeppijn                |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zakjes***               |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klysma***               |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Anders                  |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

\* Poeptraining = 3 x per dag 5 minuten op de wc zitten na de maaltijden. Uw kind dient tijdens de training actief mee te persen.

\*\* Zie de Bristol ontlastingschaal

\*\*\* Gebruikt uw kind laxantia of klysma's? Per dag aankruisen hoeveel zakjes en/of klysma's.