



W.I.S.H. CLINIC

Wetting, Infections and Stooling Help

Division of Urology

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RESOURCES

1. Diaries

Voiding Diary

(<https://cms.childrensnational.org/sitecore/shell/~media/cnhs-site/files/departments/urology/voiding-diary.ashx?la=en>)

Fiber Diary

http://media.metamucil.com/images/mydiet/fiber_journal_rev.pdf

Stool Diary

<http://pedia-lax.com/constipation-education/poop-journal>

2. Helpful Websites for Constipation/Bowel Management:

www.healthaliciousness.com

www.miralax.com

www.pottymd.com

www.metamucil.com

www.pedia-lax.com

<http://childrensnational.staywellsolutionsonline.com/Library/Encyclopedia/90,P01986>