

Elimination disorders

Prepare a Bathroom Health Conversation

Parents and caregivers with a child or teen healthcare professional | 10 to 15 minutes

Bladder or bowel accidents can be upsetting and deserve a calm, private response. Choose one concern to bring to a healthcare professional, especially if it is new, ongoing, painful, or otherwise worrying. This page helps you prepare information and support; it does not explain the cause or prescribe treatment.

Record only useful, private observations. Invite the young person's preferences and prepare questions for appropriate healthcare.

Describe without blame

Note the concern, when it changed, discomfort, and how it affects daily activities. Do not assume an accident is deliberate. Avoid public charts, teasing, punishment, or detailed tracking that the care team has not requested.

Plan dignity and access

Ask what medical assessment or follow-up is needed. Discuss discreet bathroom access, spare clothing, or a trusted school contact if relevant. Let the young person help decide what is shared. Do not start fluid restriction, medication, or bowel routines from this worksheet.

1. What bladder or bowel concern do we want the healthcare professional to understand?**2. What changes, discomfort, or daily-life effects are important to mention?****3. What privacy and practical support would the young person prefer?****4. What assessment, care instructions, and follow-up questions should we ask?****Clinical use and adaptation**

Arrange appropriate medical assessment rather than assuming a behavioral cause. Significant pain or other acute concerns need timely clinical attention. Protect privacy and avoid shame, deprivation, or punitive tracking. Follow the treating professional's plan; this page does not prescribe fluids, medication, alarms, or toileting schedules.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: R04, R05, S11. Full sources are in the online preview and collection appendix.

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October 2026 | TOP148-STARTER