



## **NORMAL ELIMINATION PATTERNS FOR BABIES**

### **WET DIAPERS**

Once feeding has been established, 6 or more wet diapers in 24 hrs shows that the baby is taking in enough breast milk or formula. If the baby has not wet his diaper in 8 hrs, or has 4 or fewer wet diapers in 24 hrs, you should notify your baby's doctor. Urine should be clear to light yellow in color. Any other color, such as, very dark yellow, brown, or pink tinged, or urine with an unusual odor, should be reported to the baby's doctor.

### **DEHYDRATION**

If the baby does not take in enough breast milk or formula, she may become dehydrated. Along with dry diapers, dry lips and mouth, sunken eyes or a sunken fontanel (the soft spot on the baby's head), irritability or decreased activity, can be signs of dehydration.

### **BOWEL MOVEMENTS**

There are a wide range of normal stooling patterns for babies. Many babies will have 2-3 stools each day. Breastfed babies often have more frequent stools, sometimes as often as every feeding, but some stool less frequently, sometimes only once in 2-3 days. You will become familiar with your baby's usual pattern. Normal stools can vary in color, from yellow, to green to brown, and in consistency from loose, to soft or mushy, to formed, but they should not be watery, or contain mucous or blood.

### **DIARRHEA**

Diarrhea or very loose, watery stools are unusual for most babies. Babies with frequent, watery stools can become dehydrated quickly. You should notify the baby's doctor if you think your baby may have diarrhea.

### **CONSTIPATION**

Like diarrhea, constipation in babies is unusual. Some babies pass stools easily, but others may fuss, grunt, bear down or turn red in the face while stooling. This is normal and is not constipation. If the baby's stool is very hard, like pebbles, or difficult to pass, or he has not stooled for 3-4 days, he may be constipated and you should talk to his doctor.

### **VOMITING**

Most babies spit up from time to time. Often a baby "spits" undigested milk or formula soon after feeding or with burps. You will get to know your baby's tendency to spit up. Vomiting large amounts of partially digested feeding, or forcefully spitting up is less common and should be reported to the baby's doctor.