

Dementia Bathroom Tracking Sheet

Tracking bathroom patterns can help you and your doctor recognize problems like infections, constipation, medication side effects, or dehydration.

Even small changes in toileting patterns can signal a medical issue.
Use this sheet to track what you notice.

Date	Time	Urinated	Bowel Movement	Accident	Behavior / Signs	Fluids	Notes



Caregiver Tip

If you suddenly notice more accidents, confusion, or strong smelling urine, contact the doctor.
Urinary tract infections are very common in people with dementia.