



Newborn Diaper Log Guide

What goes in must come out!

Checking diapers is very important because it helps reveal how baby is eating, and if they are getting enough milk.

This is what to expect in the early days:

WET PEE DIAPERS

- The wet pee diapers need to be WET and light in color.
- IF the diaper is “dusty” or “crystallized” and urine is brownish-red, then this is a sign of a dehydrated baby. This is called “brick dust” and the Pediatrician should be alerted. The baby may need to be supplemented.

DIRTY POOP DIAPERS

- For the first few hours and days, the poop diapers are very dark and tar-like. This is the meconium and is made up of cells, fats, proteins, and other secretions.
- They should get progressively lighter and more frequent each day.
- By day 4, if a baby is on breastmilk, they will be mustard yellow and seedy looking.
- By day 4, if a baby is on formula, they will have darker, more green and light brown stools.

WEEK 1 DIAPER LOG	# WET PEE DIAPERS	# DIRTY POOP DIAPERS
1	1	1 brown
2	2	1 brown, 1 green
3	3	2 green, 1 light green
4	4	2 light green, 1 yellow
5/6	6	3 yellow

This guide was created in collaboration with Carrie Dean, IBCLC for Expectful, Inc.