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Pee & Poop

Since newborns spend so much of their day eating, they also spend a lot of time peeing and pooping. You can expect your newborn's bowel habits to change drastically in the first days of life and for them to produce more and more dirty diapers. The following covers everything you need to know about your newborn's bodily functions.



Pee & Poop:

What to Expect the First Week

OVER THE FIRST WEEK OF LIFE your newborn will have more bowel movements and wet diapers as he or she drinks more breast milk or formula.

You should keep track of the number of wet diapers and poop diapers for the first few days, and also track how often your baby is nursing or having a bottle.

After the newborn stage, breastfed babies may go four to five days without having a stool. You should not be concerned about this, and should not give enemas or suppositories unless your pediatrician provides that advice.

BIRTH
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7

DAY 1

Your baby should have at least one wet diaper and one meconium diaper. Sometimes parents see red or salmon-colored dust in the diaper, which is often mistaken for blood. This “red dust” is actually uric acid crystals caused by concentrated urine.

DAY 2-3

As your baby starts to nurse or receive formula, her stool and urine should increase. Your baby should have at least two wet and dirty diapers on day two and three wet and dirty diapers on day three.

DAY 4-7 AND ONWARD

Within the first few days, your baby will have roughly five to 10 bowel movements and five to six wet diapers every 24 hours.

Types of Newborn Poop

Please note: The consistency and color of newborn stool varies, but if it is ever very hard or looks white or red, give your doctor a call.

TYPE	COLOR	CONSISTENCY
MECONIUM	Black tar poop	Sticky
TRANSITIONAL STOOL STAGE 1	Greenish black	Less sticky
TRANSITIONAL STOOL STAGE 2	Greenish yellow	More watery
TRANSITIONAL STOOL STAGE 3	Mostly mustard yellow with some green	Slightly chunky
NORMAL NEWBORN STOOL	Mustard yellow	Clumpy, chunky or watery

Diapering Basics



- Diapering occurs frequently in the first weeks of life as some babies will have as many as 10 stools per day.



- At night, change diapers only when the baby wakes up to feed unless the diaper contains stool.

- Never leave the baby in a diaper soiled with stool because it can cause a diaper rash.

- Sometimes you might notice a strong ammonia odor after a good night's sleep. If this causes irritation, wash your baby's buttocks with soap and water before putting on a new diaper.



- You can choose to use disposable diapers or cloth diapers. Disposable diapers are easier to use, but cloth diapers are more environmentally friendly. Either is a good option.



- The first sign of a diaper rash is usually redness or small bumps on the buttocks or genitals. If you notice any irritation, use generous amounts of diaper rash ointment. If the rash doesn't improve in two to three days, call your pediatrician.



- Change your baby's diaper as soon as it is wet or soiled to prevent irritation.



Cloth Diapers

- There are many types of cloth diapers on the market. If you go this route, take the time to find the right option for your family.

- Since cloth diapers can't keep wetness away from your baby's skin as effectively as disposable diapers, it is especially important to change cloth diapers as soon as they become wet or soiled.

- After changing a soiled diaper, dump the stool in the toilet and then flush cold water over the soiled area before you place it in the covered pail with other soiled diapers. Be sure to keep your wet and soiled diapers separate from other clothes.

- Diapers should be soft, absorbent, lightweight and not bulky.

- The shape of the diaper depends mainly on your preference.

- The size depends on the size of your baby, as a diaper that is too large will be bulky and uncomfortable.

- Remove wet diapers and place them in a covered pail until you can wash them.

- To wash your diapers, use hot water with a mild detergent. Avoid fabric softener, which can coat the fabric and reduce absorbency. You can dry them in the dryer or hang dry.