

Normal Wet and Dirty Diapers



Your Baby's Output

Counting your baby's wet and dirty diapers can help you know if your breastfed baby gets enough to eat. See the handout "Is My Breastfeeding Baby Getting Enough to Eat?"

1. Typical patterns for wet diapers are :

- ≥ 1 wet diaper on day one
- ≥ 2 wet diapers on day two
- ≥ 3 wet diapers on day three
- ≥ 4 wet diapers on day four
- ≥ 5 wet diapers on day five
- 6 - 8 wet diapers on day six and from then on

In the first days you may notice an orange stain in your baby's diaper. This is caused by urate crystals. Urate crystals in your baby's urine that stain a diaper are common in the first days after birth and usually disappear as the baby drinks more milk.

2. Appearance of a breastfed infants stools:



First 2-3 days: meconium (tarry, sticky, black stool)



Day 4-5: transitional stools (yellow, greenish)



≥ Day 5 or 6: mustardy yellow, semi-liquid stools

Number of dirty diapers:

- First six weeks: 2-6 per day
- After six weeks:
 - The stools of the older breastfed infant may be more solid, but should be soft
 - Older breastfed infants may still stool with every feed or they may go for several days without a stool. When they do go, it will be a big volume and soft. Solid dry stools in a breastfed baby should be reported to the physician.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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