

what's in a nappy?

Wet and dirty nappies tell you if your baby is getting enough milk. This table shows photographs of the typical changes that occur in wet and dirty nappies in the first 28 days of life.

You can use this to help you to decide if you need help with your baby's feeding.

Babies may not pass urine more than once in the first 24 hours and that's normal.



day 1-2

Wet – one or more per day

Dirty – one or more, dark green/black, 'tar-like', (called 'meconium')



day 3-4

Wet – three or more, nappies feel heavier

Dirty – two or more, changing in colour and consistency, now brownish, greenish, yellowish (changing)



day 5-6

Wet – five or more heavy wet nappies*

Dirty – at least two or more, yellow, can be quite watery if you are breastfeeding



day 7-28

Wet – six or more heavy wet nappies

Dirty – two or more, at least the size of a £2 coin, yellow in colour, watery, mustardy or budgie seed in consistency



Colour changes are normal

* If you pour three tablespoons (45 ml) of water into a dry nappy, this will feel as heavy as an average wet nappy.