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.

**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

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

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

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Colour changes are normal