

## Bowel Diary

Name: \_\_\_\_\_

Please complete diary for: 3 days/1 week/ until next appointment

Date	Time AM/PM	Strain Y/N	Incomplete Emptying Y/N	Pain Y/N	Abdominal Bloating Y/N	Use of fingers to assist Y/N	Time Taken	Form Type 1-7 <i>(refer to image at end of document)</i>	Bowel agent taken + amount (tsp or grams) <i>E.g. GOS, Psyllium – how much?</i>	Urgency/Accidents








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## The Bristol Stool Form Scale

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces ENTIRELY LIQUID



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