








Bowel Chart

Name:

Date	Time of the poo	What type is your poo? (see Bristol Stool Chart)	Did you have to strain or push?	Was there any pain or blood?	Did you feel that all your poo came out?	Was there any soiling? If so how much and at what time?	Medication taken and at what time?	Any other comments? Examples: <ul style="list-style-type: none"> ▪ size of the poo ▪ withholding behaviour

Bristol Stool Chart

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 the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid