Instructions for completing the bowel diary:

1. Please write the date at the start of each day and the time your child went to toilet.

2. Fill in the bowel diary every time your child sits on the toilet, soils or has medication.

3. Record the type of bowel action (refer to the 'Choose your Poo!' chart below).

4. In column three, place an **A** if your child is asked to sit on the toilet or place an **I** if your child takes his/herself or asks to go to toilet.

5. In column four write an **S** for soiling (dirty pants) and\or **W** for wetting accident.

6. In column five write any additional comments such as medication given and dose, size/amount of poo such as skid mark, smear or whole bowel motion and if there was any pain or straining. You can also include amount and type of fluid intake.

7. Keep a record for 14 days and take back to your health professional.

"Choose your Poo!" concept by Professor DCA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, University of Bristol. © 2005 Norgine Limited manufacturer of the laxative MOVICOL® , available for adults or children.

Date/Time	Poo type as per Bristol Stool scale 0 = bowels not opened Type 1 - 7	**A**sked to sit or **I**nitiated sit **A** or **I**	**S**oiling or **W**etting accident **S** or **W**	Comments may include: • Medication- laxatives • Amount (skid mark, smear or whole bowel motion) • Pain • Straining • Fluid intake

(Adapted from Conquering Wees and Poos CD Queensland Health 2011)