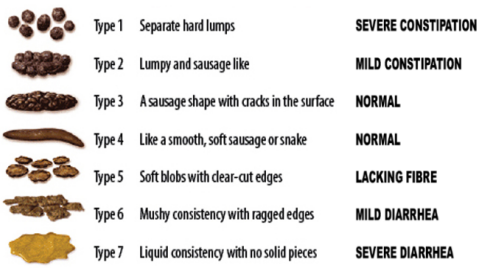
Bowel Symptom Diary

Complete each column for ___ days

Name:_____ Start Date:_____

Day	Time	**Type of Bowel Movement	Symptoms Incontinent /no control Stain / smear Pain Emotional status	Please List All daily medications Vitamins / supplements Daily exercise

**Bristol Stool Type 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