

## **Bowel Symptom Diary**

Complete each column for \_\_\_\_\_ days

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

\*\*Bristol Stool Type Scale:

Type 1 - Separate hard lumps, like nuts (hard to pass)

Type 1- Separate hard timps, like futs (nard to pass)Type 2- Sausage-shaped but lumpyType 3- Like a sausage but with cracks on its surfaceType 4- Like a sausage or snake, smooth and softType 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

Start Date: