



Bowel Diary

Date:

I woke up at:

I went to sleep at:

Time	Food/drink consumed, medication (type + amount)	(√) For each bowel movement	Bowel urgency? Rate 1 mild – 3 strong	Any pains or discomfort? Rate 1 mild - 3 strong	Stool type (use the Bristol Stool Form Scale on next page)	Record any accidents/ leakage
12am						
1am						
2am						
3am						
4am						
5am						
6am						
7am						
8am						
9am						
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						

Time	Food/drink consumed, medication (type + amount)	(√) For each bowel movement	Bowel urgency? Rate 1 mild – 3 strong	Any pains or discomfort? Rate 1 mild - 3 strong	Stool type (use the Bristol Stool Form Scale on next page)	Record any accidents/ leakage
5pm						
6pm						
7pm						
8pm						
9pm						
10pm						
11pm						



Bristol Stool Chart

Since it can be hard to state what is normal and what is abnormal, some health professionals use a scale to classify the type of stool passed. This helps assess how long the stool has spent in the bowel.

Type 1 has spent the longest time in the bowel and type 7 the least time. A normal stool should be a type 3 or 4, and depending on the normal bowel habits of the individual, should be passed once every one to three days.








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 (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, entirely liquid

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Bristol Stool Form Scale

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