








BOWEL HABIT DIARY

PARTICIPANT NAME: _____

BRISTOL STOOL FORM SCALE						
Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7
Separate hard lumps, like nuts -hard to pass	Sausage – shaped but lumpy	Like a sausage but with cracks on its surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges (passed easily)	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces Entirely Liquid
						
Date	Time	Bowels opened (note the Type number from the Bristol Scale above)	Comments: i.e. <ul style="list-style-type: none"> Any accidental soiling? Change in pad or clothing required? Any Laxatives required? 		Staff Signature	