

BOWEL DIARY



Progressive Research. Advanced Diagnostics. Innovative Treatments.

PATIENT NAME: _____

PATIENT DATE OF BIRTH: _____

INSTRUCTIONS:

Use this form to document all bowel movements for 14 consecutive days. Please use a separate line for each bowel movement. Also use a separate line to record any time you have leakage that occurs at times other than when you have a bowel movement. Please bring this diary with you to your next appointment with us.

| DATE | TIME | URGENCY "HAD TO RUSH" Y = YES N = NO | QUANTITY (BM) S = SMALL M = MEDIUM L = LARGE | ACCIDENTAL BOWEL LEAKAGE QUANTITY S=SMALL M=MEDIUM, L=LARGE | STOOL CONSISTENCY SCORE (See key in right column for details) | MEDICATIONS TAKEN FOR BOWELS Laxatives, Enemas, Suppositories, Stool Softeners, (Fiber, Anti-diarrhea, etc.) | COMMENTS | STOOL CONSISTENCY SCALE | |
|--------------------|---------|---|--|--|--|--|---|--|-------|
| | | | | | | | | Type | Image |
| Example 10/1/15 | 7 a.m. | Y | M | S | 5 | Metamucil (fiber), imodium | Ill, bad day, not what it's normally like for me. | Type 1: Separate, hard lumps, (hard to pass) | |
| | 11 a.m. | N | S | L | 7 | | | Type 2: Sausage shaped, but lumpy | |
| | | | | | | | | Type 3: Like a sausage but with cracks on surface | |
| | | | | | | | | Type 4: Like a sausage or snake, smooth & soft | |
| | | | | | | | | Type 5: Soft blobs with clear edges, passed easily | |
| | | | | | | | | Type 6: Fluffy pieces with ragged edges, a mushy stool | |
| | | | | | | | | Type 7: Watery, no solid pieces, entirely liquid stool | |