








BOWEL DIARY



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 bowel leakage or urine 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 lower, right corner for details)	URINARY INCONTINENCE	MEDICATIONS TAKEN FOR BOWELS Laxatives, Stool Softeners, Suppositories, Enemas, Fiber, Anti-diarrheal etc.	COMMENTS	STOOL CONSISTENCY SCALE
Example 1/1/23	7 a.m.	Y	M	S	5				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 

# BOWEL DIARY

PATIENT NAME: \_\_\_\_\_

PATIENT DATE OF BIRTH: \_\_\_\_\_

DATE	TIME	Quantity S = SMALL M = MEDIUM L = LARGE	URGENCY "HAD TO RUSH" Y = YES N = NO
10/1/2015	9 a.m. 11 a.m.	M S	Y Y




Use this form to document all bowel movements. Please use the line to record any time you have leakage through your rectum until your next appointment with us.

<b>ACCIDENTAL BOWEL LEAKAGE</b> S=SMALL M=MEDIUM, L=LARGE	<b>STOOL CONSISTENCY SCORE</b> (See key in lower, left corner for details)
L S	5 7




### INSTRUCTIONS:

ments for 14 consecutive days. Please use a separate line for each bowel movement. Also use a separate  
 at occurs at times other than when you have a bowel movement. Please bring this diary with you to your

### MEDICATIONS FOR BOWELS

Laxatives, Enemas,  
 Suppositories, Stool Softeners,  
 Fiber Anti-diarrhea, etc.)

Fiber pill  
 Miralax

### STOOL CONSISTENCY SCALE

**Type 1:** Separate, hard lumps, (hard to pass)



**Type 2:** Sausage shaped, but lumpy



**Type 3:** Like a sausage but with cracks on



**Type 4:** Like a sausage or snake, smooth & soft



**Type 5:** Soft blobs with clear edges, passed




**Type 6:** Fluffy pieces with ragged edges, a mushy stool



**Type 7:** Watery, no solid pieces, entirely liquid







