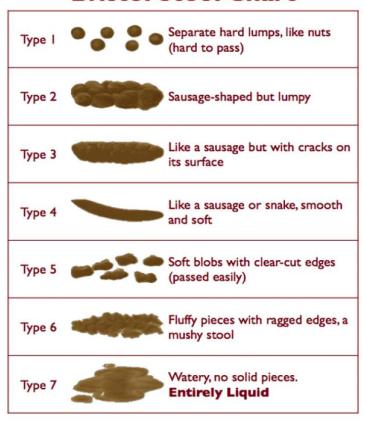
	BOWEL MOVEMENT (B.M.) - MONTHLY MONITORING RECORD (FOR PEOP Month of 20														OPLE	WHO) HAV	E BO\	VEL F	PROB	LEMS)									
	Name:																		DO	B: _						-					
																					PROTOCOL IN PLACE: NO YES If YES, record use in Protocol box, below										
	When recording B.M.'s, note both SIZE : L = La and TYPE : H = H (for TYPE, numbered 1												e M = Medium SM = Sma S = Soft D = Diarrh Y, you can also use the Bristol Stool Cl					arrhe							ol =	$= \begin{bmatrix} L \\ S \end{bmatrix} \text{ or } \begin{bmatrix} L \\ 3 \end{bmatrix} \text{ or } \begin{bmatrix} L \\ 4 \end{bmatrix}$,		
	X =	Che	cked	with	clie	nt ar	nd no	B.M	1.																						
DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1 st Stool																															
2 nd Stool																															
3 rd Stool																															
4 th Stool																															
Protocol: what used, when?																															
	Not	tes:																								Ada	apted f	from Ne	∍w Vis	ions T	oronto
																										\T!!					
																								5	ᇉ) I HI	=K S	SIDE	→		

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Bristol Stool Chart



Types 1 and 2 indicate constipation (Hard)
Types 3 and 4 are the easiest to pass (Soft)
Types 5 - 7 may indicate Diarrhea

Reference:

Lewis SJ. Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scandinavian Journal of Gastroenterology* 1997; 32(9): 920-4.