

# BOWEL MOVEMENT (B.M.) - MONTHLY MONITORING RECORD (FOR PEOPLE WHO HAVE BOWEL PROBLEMS)

Month of \_\_\_\_\_ 20\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

**PROTOCOL IN PLACE:**  NO  YES

*If YES, record use in Protocol box, below*

When recording B.M.'s, note both **SIZE:** L = Large M = Medium SM = Small  
 and **TYPE:** H = Hard S = Soft D = Diarrhea  
 (for TYPE, numbered 1 to 7, you can also use the Bristol Stool Chart on back of page)

e.g., Large soft stool = 

L
S

 or 

L
3

 or 

L
4

X = Checked with client and no B.M.

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
<b>1<sup>st</sup> Stool</b>																															
<b>2<sup>nd</sup> Stool</b>																															
<b>3<sup>rd</sup> Stool</b>																															
<b>4<sup>th</sup> Stool</b>																															
<b>Protocol: what used, when?</b>																															

*Adapted from New Visions Toronto*

**Notes:**

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## Bristol Stool Chart

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 its 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. <b>Entirely Liquid</b>

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.