

BOWEL MOVEMENT - MONTHLY MONITORING RECORD

Month of _____ 20____

Name: _____ DOB: _____

PROTOCOL IN PLACE: ☐ NO ☐ YES

If YES, record use in Protocol box, below

Use for people who have bowel problems.

Note both **SIZE** and **TYPE** when recording B.M.'s:

L = Large

M = Medium

SM = Small

e.g., Large, Soft =

H = Hard

S = Soft

D = Diarrhea

L
S

OR use the Bristol Stool Chart Descriptions (see back of page) to fill in the chart.








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?																															

Notes: _____

Adapted from New Visions Toronto

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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. Entirely Liquid

Types 1 and 2 indicate constipation
Types 3 and 4 are the easiest to pass
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.