

Daily Bowel Chart: Name: _____ Date of Birth _____																				
BOT: Bowels opened on toilet FI: Faecal Incontinence Type: See information below Lax: Laxative taken																				
Date																				
Time	BOT	FI	Type	Lax	BOT	FI	Type	Lax	BOT	FI	Type	Lax	BOT	FI	Type	Lax	BOT	FI	Type	Lax
6 am																				
7 am																				
8 am																				
9 am																				
10 am																				
11 am																				
12 md																				
1 pm																				
2 pm																				
3 pm																				
4 pm																				
5 pm																				
6 pm																				
7 pm																				
8 pm																				
9 pm																				
10 pm																				
11 pm																				
12 pm																				
1 am																				
2 am																				
3 am																				
4 am																				
5 am																				
Type 1 Separate hard lumps and nuts (Hard to pass)			Type 2 Sausage shaped but lumpy		Type 3 Like a sausage but with cracks on the surface			Type 4 Like a sausage or snake, smooth and soft		Type 5 Soft lobs with clear-cut edges, assess easy			Type 6 Fluffy pieces with ragged edges, a mushy stool			Type 7 Watery, no liquid, entirely liquid				

THE BRISTOL STOOL FORM SCALE

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

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