

# Daily Bowel Chart

Name : ..... Date of Birth: .....






**BOT = Bowels opened on toilet**    **FI = Faecal incontinence**

Date																					
Time	BOT	FI	Type	BOT	FI	Type	BOT	FI	Type	BOT	FI	Type	BOT	FI	Type	BOT	FI	Type	BOT	FI	Type
6am																					
7am																					
8am																					
9am																					
10am																					
11am																					
12md																					
1pm																					
2pm																					
3pm																					
4pm																					
5pm																					
6pm																					
7pm																					
8pm																					
9pm																					
10pm																					
11pm																					
12mn																					
1am																					
2am																					
3am																					
4am																					
5am																					

<b>Type 1</b> Separate hard lumps like nuts (hard to pass)	<b>Type 2</b> Sausage shaped but lumpy	<b>Type 3</b> Like a sausage but with cracks on surface	<b>Type 4</b> Like a sausage or snake, smooth and soft	<b>Type 5</b> Soft blobs with clear-cut edges, asses easy	<b>Type 6</b> Fluffy pieces with ragged edges, a mushy stool	<b>Type 7</b> Watery, no solid, entirely liquid
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# 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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