Bowel Diary

Please fill out this 3-day bowel log to help your provider better understand your bowel habits and the specific types of problem you are having with your bowels. Below is a detailed description of what to include in each section of your diary. On the following page is a sample table that has been filled out to further guide you as you complete your bowel diary.

- ☑ Time of day: Write in the time you get up for the day and go to bed at night, when you eat and drink, if/when you have a bowel movement, and if/when you experience bowel leakage.
- ☑ What did you eat & drink: Record what you eat and drink and the time this happened. This will allow your therapist to identify ways your dietary habits could be impacting your bowel function.
- ☑ Type: Use the Bristol Stool Scale shown below to describe your bowel movement.
- ☑ Details: Describe specifics about your bowel movement, symptoms you experienced, or any bowel accidents. For example: Did you strain to have a bowel movement? Did you feel like you had not emptied after? Did you have very strong urgency? Did you notice a smear on your underwear? Did you have significant bloating that day?
- ☑ Leakage: If you experience leaking, please write when it happened and an approximate amount, described as follows: Small (S) ~ Smudge or smear, Medium (M) ~ Approximately one tablespoon or less, Large (L) ~ more than one tablespoon, often requires garment changes.

Type 1 ~ Separate hard lumps

Type 2 ~ Lumpy and sausage like

Type 3 ~ Sausage shaped with cracked surface

Type 4 ~ Smooth, soft sausage or snake

Type 5 ~ Soft blobs with clear-cut edges

Type 6 ~ Mushy consistency with ragged edges

Type 7 ~ Liquid consistency with no solid pieces

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Sample Diary

Time of Day (Eating, BM, Leakage)	What did you eat & drink?	Type of BM	Details (about BM, leakage, other)	Leakage (S, M, L)
6:30 am (Woke up)				
8 am	Bowl of oatmeal, 1 c. coffee, peach			
8:30 am		Type 5	strong urge, didn't feel empty after	
10 am	12 oz. diet coke, granola bar			
12 PM	Cheeseburger, french fries, 2 glasses water			
12:30 PM		Type 5	Really strong urge, did not make it	M
2 PM	Chips, Apple, 1 c. coffee			
5:30 PM	Spaghetti, meatballs, broccoli, 1 glass water			
6 PM		Type 6	Strong urge, but made it	
7:30 PM			Saw smear on underwear	S
10:30 PM (Sleep)				
			Lots of gas and bloating this evening	

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