



Bowel Diary

Date:

I woke up at:

I went to sleep at:

Time	Food/drink consumed, medication (type + amount)	(✓) For each bowel movement	Bowel urgency? Rate 1 mild - 3 strong	Any pains or discomfort? Rate 1 mild - 3 strong	Stool type (use the Bristol Stool Form Scale on next page)	Record any accidents/ leakage
12am						
1am						
2am						
3am						
4am						
5am						
6am						
7am						
8am						
9am						
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						

Time	Food/drink consumed, medication (type + amount)	(√) For each bowel movement	Bowel urgency? Rate 1 mild - 3 strong	Any pains or discomfort? Rate 1 mild - 3 strong	Stool type (use the Bristol Stool Form Scale on next page)	Record any accidents/ leakage
5pm						
6pm						
7pm						
8pm						
9pm						
10pm						
11pm						

Bristol Stool Form Scale

Since it can be hard to state what is normal and what is abnormal, some health professionals use a scale to classify the type of stool passed. This helps assess how long the stool has spent in the bowel.

Type 1 has spent the longest time in the bowel and type 7 the least time. A normal stool should be a type 3 or 4 and depending on the normal bowel habits of the individual, should be passed once every one to three days.