

# Monthly Bowel Chart

Document No: \_\_\_\_\_

ID LABEL

Date	Type of bowel movement (refer to Bristol Stool Form Scale)	Incontinent of stool Yes/No	Aperient/suppository given Yes/No
	am		
	pm		
	night		
	am		
	pm		
	night		
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	night		

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	night		

## The Bristol Stool Form Scale *(Use this as a guide to the stool type)*



**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



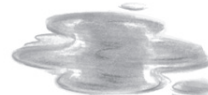
**Type 4**  
Like a sausage or snake, smooth and soft



**Type 5**  
Soft blobs with clear-cut edges (passed quickly)



**Type 6**  
Fluffy pieces with ragged edges, a mushy stool



**Type 7**  
Watery, no solid pieces  
ENTIRELY LIQUID

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