

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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	am		
	pm		
	night		

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	am		
	pm		
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	pm		
	night		
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	pm		
	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)



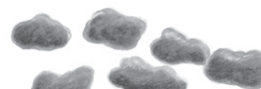
Type 2
Sausage-shaped but lumpy



Type 3
Like a sausage but with cracks on its surface



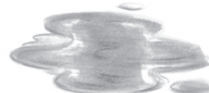
Type 4
Like a sausage or snake, smooth and soft



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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