


BOWEL DIARY


A bowel diary is a way of recording your bowel habit over a weekly period (or longer). You can share this information with your healthcare professional to help with your bowel assessment.


How long have you suffered with a bowel issue? (weeks / months / years) _____


	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
How many times did you empty your bowel at the toilet?							
Did you use suppositories or enema?	sup / enema/ no	sup / enema/ no	sup / enema/ no	sup / enema/ no	sup / enema/ no	sup / enema/ no	sup / enema/ no
Did you assist in any other way such as with your finger, pressing, toilet position?	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no
Did you need to push hard/strain to empty your bowel?	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no
Did you feel that you emptied completely?	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no
Did you stain/soil your underwear, pants or pad(s) today?	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no
Pad(s) used for incontinence - Amount:							
Did your bowel issues limit your daily activities? (eg: leaving the house, shopping, etc)	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no	yes /no
What was your stool consistency today? (write number from Bristol stool scale below)							


THE BRISTOL STOOL CHART


Type 1  Separate hard lumps, like nuts, which are hard to pass.


Type 2  Sausage-shaped but lumpy.

Type 3  Like a sausage, but with cracks in the surface.

Type 4  Like a sausage, smooth and soft.

Type 5  Soft blobs with clear cut edges.

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

Type 7  Watery with no solid pieces. Entirely liquid.

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the only irrigation system with electronic or manual control,
for constipation and/or bowel leakage.



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engineered to prevent
accidental bowel leakage.



Navina Mini,
for incomplete emptying and/or soiling.

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