








## PPS BOWEL DIARY

**Name:**

Please complete the diary until the point that consistency and frequency are normalised.

<b>Date</b>	<b>Time</b>	<b>Food &amp; Drinks intake</b>	<b>Bowel Action: (see over) Type: 1-7 Amount: L/M/S Complete emptying: Y/N</b>	<b>Comments</b>

## Bristol Stool Chart

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 the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, entirely liquid

## Bristol Stool Scale

### Description of Bowel Actions:

- BNO = bowels not open
- Urge: Nil/mod/ strong
- Colour of stool: (grey, light, dark brown, black)
- Incontinence: Y/N – smear/gas/stool; before/after BO
- Pain: rectal/anal
- Haemorrhoids/mucus
- Manual support required
- Laxatives/fibre: type/suppository/enemas

