## **Bowel Diary**

This bowel diary will help you figure out if your child is having bowel movements well. It can help you know whether your child needs medicine to move his or her bowels well, and how much medicine to give.

Fill out as much information as you can in the boxes on the diary sheet. Bring the diary sheet to your child's next appointment, so we can track his or her progress.

- 1. Write down every time something happens related to your child's bowel movements.
- 2. Look at the Bristol Stool Chart and pick the number (1 through 7) that best describes the poop (stools).
- 3. Write down any medicines you gave your child to help with a bowel movement, like Miralax or fiber gummy chews. Write the name of the medicine and the amount you gave.
- 4. Please fill out this diary for \_\_\_\_\_

## **Bristol Stool Chart**



**Type 1**Separate hard lumps, like



**Type 2**Sausage-like, but lumpy



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



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



**Type 5**Soft blobs, with clear-cut edges



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



**Type 7**Watery, no solid pieces

(continued)

"Bristol Stool Chart" from Heaton, K W & Lewis, S J 1997, "Stool form scale as a useful guide to intestinal transit time." Scandinavian Journal of Gastroenterology, vol. 32, no. 9, pp. 920–924.



## **Bowel Diary**

Patient name:	Date of Birth:
i aucit i iaiic.	Dute of birth.

Date	Time	Stool in toilet?	Stool in underwear?	Bristol Stool Scale (see page 1)	<b>Medicine</b> (name & how much given)
5/6	7 a.m.		Evar	nple	MiraLax, 1 capful
5/6	4 p.m.	<b>✓</b>	LXGI	3	
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If you have any questions or need help with the diary, call the Division of Pediatric Urology at (615) 936-1060.