

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 nuts



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.

