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

# Bowel Diary

**Patient name:** __________________________ **Date of Birth:** __________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Stool in toilet?</th>
<th>Stool in underwear?</th>
<th>Bristol Stool Scale (see page 1)</th>
<th>Medicine (name &amp; how much given)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/6</td>
<td>7 a.m.</td>
<td></td>
<td></td>
<td></td>
<td>MiraLax, 1 capful</td>
</tr>
<tr>
<td>5/6</td>
<td>4 p.m.</td>
<td>✔</td>
<td></td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

*Example*

*If you have any questions or need help with the diary, call the Division of Pediatric Urology at (615) 936-1060.*