



## **BOWEL CHART**

NAME:

NHS Number:

DOB:

Address:

What happens when you go to the toilet?

Please complete both sides of this chart to help us assess your bowel symptoms.

<u>Date &amp; time</u>	<u>Bristol Stool Type</u>  see below	<u>Accident/Soiling</u>	<u>Did you want to go?</u>  Yes/No	<u>Remarks</u> e.g. blood, mucous, unusual colour, straining, pain, feeling of incomplete emptying, amount of leakage/incontinence, <b><u>relevant oral or rectal medications</u></b>

### **Bristol Stool Types:**

**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 its surface



**Type 4**

Like a sausage  
or a snake,  
smooth and soft



**Type 5**

Soft blobs with  
clear-cut edges  
(passes easily)



**Type 6**

Fluffy pieces  
with ragged  
edges, a mushy  
stool



**Type 7**

Watery, no solid  
pieces, entirely  
liquid





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