

# Bowel diary

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Use this form to record your bowel habits over at least seven days.

## How to fill in this form

Date & time	Urge (0 to 4)	Accident (Y or N)	Accident amount	Time taken to poo (minutes)	Stool type (1 to 7)	Effort needed (0 to 4)	Bowel felt empty at end (Y or N)	Day (Good, average or bad)
	See below 1.	See below 2.	See below 2.		See below 3.	See below 4.		See below 5.

### 1. Urge to open your bowels – use the following scale

- |   |               |   |
|---|---------------|---|
| 0 | No urge felt  | For example, passed bowel motion when passing urine |
| 1 | Mild urge     | Could delay 30 minutes if needed                    |
| 2 | Moderate urge | Could delay 15 minutes if needed                    |
| 3 | Strong urge   | Couldn't want to delay more than five minutes       |
| 4 | Urgency       | Needed to race to the toilet                        |

2. Record any accidents you have with your bowels and the approximate amounts. For example, smear, teaspoon, cupful.

3. Stool type using the types defined in the Bristol Stool Chart. Ask your health professional for a copy of the chart or search for one online.

### 4. Effort needed – use the following scale



### 5. End of day assessment – use the following scale

- |         |                             |
|---------|-----------------------------|
| Good    | Good day for your bowels    |
| Average | Average day for your bowels |
| Bad     | bad day for your bowels     |

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4 May, 9am <i>(example)</i>	1	N	-	15	2	3	N	Average

Written by HealthInfo clinical advisers. Page created May 2022.