







Stool Diary

PLEASE RECORD YOUR STOOL HABIT FOR 1 WEEK: Name: Urgency Stool Stool unable to Time of Bowel Consistency Use of Date Incontinence postpone BM Medications Comments Seepage or Movement (BM) (Type 1-7, Pads **Staining** for more than see below) 15 minutes Yes/No Yes/No Yes/No Yes/No

Use the following descriptors for describing stool consistency:

Type 1: Separate hard lumps, like nuts.

Type 2: Sausage-shaped but lumpy.

Type 3: Like a sausage or snake but with cracks on its 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.