

BOWEL MOVEMENT (B.M.) - MONTHLY MONITORING RECORD (FOR PEOPLE WHO HAVE BOWEL PROBLEMS)

Month of _____ 20____

Name: _____ DOB: _____

PROTOCOL IN PLACE: NO YES

If YES, record use in Protocol box, below

When recording B.M.'s, note both **SIZE:** L = Large M = Medium SM = Small
 and **TYPE:** H = Hard S = Soft D = Diarrhea
 (for TYPE, numbered 1 to 7, you can also use the Bristol Stool Chart on back of page)

e.g., Large soft stool =

L
S

 or

L
3

 or

L
4

X = Checked with client and no B.M.








DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1st Stool																															
2nd Stool																															
3rd Stool																															
4th Stool																															
Protocol: what used, when?																															

Adapted from New Visions Toronto

Notes:

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Bristol Stool Chart

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 snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Types **1** and **2** indicate constipation (Hard)
Types **3** and **4** are the easiest to pass (Soft)
Types **5 - 7** may indicate Diarrhea

Reference:

Lewis SJ. Heaton KW. Stool form scale as a useful guide to intestinal transit time.
Scandinavian Journal of Gastroenterology 1997; 32(9): 920-4.