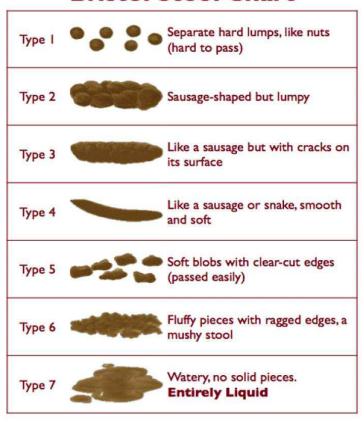
	BOWEL MOVEMENT (B.M.) - MONTHLY MONITORING RECORD (FOR PEOPLE Month of 20														OPLE	WHO	HAV	E BO\	VEL F	PROB	LEMS)										
	Name:													DOB:												-						
																					PROTOCOL IN PLACE: ☐ NO ☐ YES If YES, record use in Protocol box, below											
	When recording B.M.'s, 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															e.g., Large soft stool = $\begin{bmatrix} L \\ S \end{bmatrix}$ or $\begin{bmatrix} L \\ 3 \end{bmatrix}$ or $\begin{bmatrix} L \\ 4 \end{bmatrix}$ on back of page)																
	X =	Che	cked	with	ı clie	nt ar	nd no	B.M	1.																							
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	
1 st Stool																																
2 nd Stool																																
3 rd Stool																																
4 th Stool																																
Protocol: what used, when?																																
	Not	tes:																								Ada	apted f	from Ne	∍w Visi	ions T	oronto	
																								S	EE (тні	ER S	SIDE				

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Bristol Stool Chart



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.