








***Urge Scale:** 1 = mild urge, could delay 30 min.
 2 = moderate urge, could delay 15 minute.
 3 =strong urge, wouldn't want to wait >5 mins.
 4= Urgency, I needed to race to the toilet

****Effort Required:**
 0= minimal strain required to empty bowels with minimal pressure to
 4= high level straining

Bowel Diary

	Breakfast	Lunch	Dinner	Snacks	Time of each bowel opening	Urge to open bowels Y/N Scale 0-4*	Accident Y/N Amount (e.g. teaspoon, smear, cupful)	Bowel Movement Type (Bristol Stool Chart 1-7)	Time Taken to Defecate	Felt empty at the end? Y/N	Effort Required (strain) to empty bowels** 0-4	Laxatives Taken
Mon												
Tues												
Weds												
Thurs												
Fri												
Sat												
Sun												

THE BRISTOL STOOL FORM SCALE

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