

Bowel Dairy

3-14 DAY RECORD

A bowel diary is a record of when you opened your bowels, what the stool was like, and whether urgency, leakage, medicines, or triggers were part of the story. Over a few typical days or a full week it often shows patterns that are hard to explain from memory alone.



HOW TO COMPLETE YOUR DIARY

Please complete this diary for 3 to 7 typical days. Record entries as they happen rather than relying on memory later.



TIME

Write the time of each bowel event, leakage episode, or symptom



TYPE

Use the Bristol Stool chart below to record the stool type (1-7)



URGENCY

Rate how strong the urge was before going to the toilet



LEAK

If leakage occurred record the amount: SM (smear) / S (small) / M (medium) / L (large)



BOWEL MEDICATION

Write any medication that may affect the bowel

Urgency scale (1-5)

- 1 no urge
- 2 mild awareness
- 3 could delay
- 4 urgent
- 5 urgency with leak

Bristol Stool Type

Use the Bristol Stool Chart to record stool type (1-7). It is often easiest to keep the chart with the diary so you can match the stool type at the time.

The chart displays seven types of stool:

- 1:** Hard, separate pellet-like lumps that are difficult to pass
- 2:** Lumpy, sausage-shaped stool
- 3:** Sausage-shaped stool with cracks on the surface
- 4:** Sausage-shaped stool but smooth on the surface
- 5:** Soft blobs, easily passed
- 6:** Mushy stool with fluffy pieces
- 7:** Entirely liquid; no solid pieces

DAY AND TIME		BOWEL MOVEMENT				PADS & CLOTHING change? Y/N	BOWEL MEDICATION what & when?	NOTES context?
Day	Time	Type 1-7	Urge 1-5	Leak Y/N & Amount				
3 April	09:00	5	1	Y	Medium	Y	Psyllium husk at bedtime	Went for a walk and did realise I had a leak



