

POO DIARY

Child's name _____

Date	Time	Poo in toilet - amount	Any soiling? - amount	Type	Comments	Laxatives given	Suppositories/ Enema/Washout

POO CHECKER

What's your poo telling you?



TYPE 1

Small hard lumps like rabbit droppings.
This suggests severe constipation.



TYPE 2

Sausage shaped, but hard and lumpy.
This suggests constipation.



TYPE 3

Sausage shaped, but hard, with cracks on the surface.
This suggests constipation.



TYPE 4

A soft, smooth sausage - THE IDEAL POO!



TYPE 5

Separate soft blobs
May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.



TYPE 6

A mushy stool
May be fine if the child is well and softer poos can be accounted for e.g. increased intake of fibre or taking laxative.



TYPE 7

A liquid stool
This could be diarrhoea or overflow.

**Based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.*

Instructions for parents completing a poo diary

1. Write down every poo that is passed, even if it is a little stain in the child's pants.
2. In the Type column, write down the number from the Poo Checker that best describes the poo – see pictures on left.
3. Fill in the diary for a whole week, or longer if your doctor or nurse asks for it.
4. At the end of every day, check to make sure no poos were forgotten. Write in whatever laxatives have been taken that day, including the dose.
5. Record the amounts of stool passed as small/medium/large etc.
6. In the Comments column, write down anything you think may be helpful, such as if your child had tummy pain or was sick.
7. Some children use suppositories or enemas or washouts to help them poo. Note in the last column if/when your child uses any of these.