

LET'S TALK

about Bowel Control



Stool Diary

PLEASE RECORD YOUR STOOL HABIT FOR 1 WEEK:

Name:

[illegible]

Use the following descriptors for describing stool consistency:

Type 1: Separate hard lumps, like nuts.

Type 2: Sausage-shaped but lumpy.

Type 3: Like a sausage or snake but with cracks on its surface.

Type 4: Like a sausage or snake, smooth and soft.

Type 5: Soft blobs with clear-cut edges.

Type 6: Fluffy pieces with ragged edges, a mushy stool.

Type 7: Watery, no solid pieces.