

Month: _____

Name: _____

Bowel Chart



VICTORIAN CONTINENCE RESOURCE CENTRE

continencevictoria.org.au/

Date	Time	Type	Volume	Place
<i>E.g.</i>	-	5	M	P
1	AM			
	PM			
	Night			
2	AM			
	PM			
	Night			
3	AM			
	PM			
	Night			
4	AM			
	PM			
	Night			
5	AM			
	PM			
	Night			
6	AM			
	PM			
	Night			
7	AM			
	PM			
	Night			
8	AM			
	PM			
	Night			
9	AM			
	PM			
	Night			
10	AM			
	PM			
	Night			
11	AM			
	PM			
	Night			
12	AM			
	PM			
	Night			
13	AM			
	PM			
	Night			
14	AM			
	PM			
	Night			
15	AM			
	PM			
	Night			

Date	Time	Type	Volume	Place
16	AM			
	PM			
	Night			
17	AM			
	PM			
	Night			
18	AM			
	PM			
	Night			
19	AM			
	PM			
	Night			
20	AM			
	PM			
	Night			
21	AM			
	PM			
	Night			
22	AM			
	PM			
	Night			
23	AM			
	PM			
	Night			
24	AM			
	PM			
	Night			
25	AM			
	PM			
	Night			
26	AM			
	PM			
	Night			
27	AM			
	PM			
	Night			
28	AM			
	PM			
	Night			
29	AM			
	PM			
	Night			
30	AM			
	PM			
	Night			
31	AM			
	PM			
	Night			

Bristol Stool Chart

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, mushy stool
Type 7		Watery, no solid pieces. ENTIRELY LIQUID

Dr KW Heaton, Reader in Medicine at the University of Bristol. ©2000 Norgine Limited

Volumes

XS = ¼ cup



S = ½ cup



M = ⅓ cup



L = 1 cup



XL > 1cup



BNO = Bowels Not Open

Place

T = TOILET

P/N = PANTS/NAPPY

O = OTHER
