



BSC MD FRCSC

FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY (FPMRS)

Bowel Diary

Instructions:

- A bowel diary is a chart that is used to record the amount of food/fluid that you consume, your bowel movements, and presence of bowel symptoms.
- If this is your first appointment with Dr. Maria Giroux, please fill out this bowel diary **over 3 days** (they do not need to be consecutive). **Please complete electronically or print, fill out, scan (or take photographs), and submit the filled out form.**

How to fill out the chart:

- Date: the date that you are describing (ex. October 1, 2023)
- **Time:** record using a clock (ex. 7:00PM)
- Food/fluids consumed:
 - Type: name of fluid/food consumed (ex. Water, toast)
 - Amount: volume of fluid that you drank (ex. 250ml)
- Bowel movement: write "yes" if you had a bowel movement. Please indicate Bristol stool type.
- Feeling of incomplete bowel emptying: write "yes" if you feel that you did not completely empty your bowels.
- **Presence of fecal urgency:** write "yes" if you had a sudden need to have a bowel movement and could not wait for 15 minutes.
- **Presence of fecal incontinence:** write "yes" if you had leakage of stool from your back passage when you did not mean to.
 - Please indicate Bristol stool type.
 - Please indicate a trigger for incontinence of stool (ex. sneezing, urgency). If there was no trigger and leakage occurred on its own, please write down "no trigger."
- Need to change pad, underwear, or clothing: write down if you needed to change pad/underwear/clothing due to fecal incontinence.

Example:

Time	Food/fluids consumed	Bowel Movement	Feeling of incomplete bowel emptying	Fecal urgency	Fecal incontinence	Flatal incontinencne	Need to change pad/ underwear
6:00AM	Cereal with 250ml of milk	Yes- Type 4	Yes	Yes			
10:00AM					Yes- Type 7 Noticed smearing on underwear, no trigger		Changed underwear





Bristol Stool Chart

Type 1- Constipation Separate hard lumps

Type 2- Constipation Lumpy and sausage like



Pebbles



Cluster of grapes

Type 3- NORMAL Sausage shape with cracks in the surface





Corn on the cob

Sausage

Type 4- NORMAL Like a smooth, soft sausage or snake

Type 5- Lacking fibre Soft blobs with clear-cut edges



Type 6- Diarrhea Mushy consistency with ragged edges

Type 7- Diarrhea Liquid consistency with no solid pieces







Porridge



Gravy

Reference:

Alicia Wooldridge, M. (2023, June 30). Bristol stool chart: Stool types, sizes & amp; more. K Health. https://khealth.com/learn/bowel-movement/bristol-stool-chart/

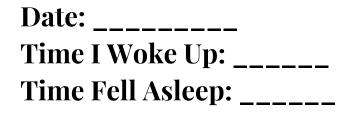
My Bowel Diary: Day 1

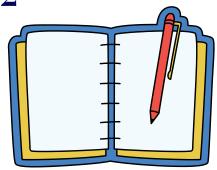
Date: _____ Time I Woke Up: _____ Time Fell Asleep: _____



Time	Food/fluids consumed	Bowel Movement	Feeling of incomplete bowel emptying	Fecal urgency	Fecal incontinence	Flatal incontinencne	Need to change pad/ underwear

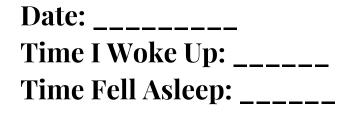
My Bowel Diary: Day 2





Time	Food/fluids consumed	Bowel Movement	Feeling of incomplete bowel emptying	Fecal urgency	Fecal incontinence	Flatal incontinencne	Need to change pad/ underwear

My Bowel Diary: Day 3





Time	Food/fluids consumed	Bowel Movement	Feeling of incomplete bowel emptying	Fecal urgency	Fecal incontinence	Flatal incontinencne	Need to change pad/ underwear