Stool Diary

Please record your stool chart for 1 week

NAME:

Date	Time of bowel movement	Stool consistency (1-7) see Bristol stool chart	Medications	Comments

Use the following descriptors for describing stool consistency:

Type 1: Separates hard lumps, like nuts

Type 2: Sausage-shaped but lumpy

Type 3: Like a sausage or snake but with cracks in the 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

Dr S.Atcha 02/10/2019