








Stool tips and tracker

Position yourself for a better bowel evacuation:



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, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Track your bowel movements for one week below

Date	Time of bowel movement	Stool consistency Type 1-7	Urgency - unable to postpone BM for more than 15 minutes Yes/No	Medications	Comments