








BOWEL MOVEMENT RECORD

Month: _____ Year: _____

Name: _____

Date	Time	Size S-small M-medium L-large S M L	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 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) 	Staff Initials
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Adapted from the Bristol Stool Scale developed by KW Heaton and SJ Lewis at the University of Bristol, 1997