








Monitoring stool and bowel movements is the first step in understanding your gut. Try your best to fill the chart below before our next follow-up appointment! Please print if possible.

THE BRISTOL STOOL FORM SCALE (for children) Choose your Poo!		
type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on the cob Like a sausage, but with cracks on the surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Soft blobs with clear-cut edges (passed easily)
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID

Week: (write the date) _____

DESCRIPTION	MONDAY	TUESDAY	12/10 WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
How many times did you poo today?	0	1	1	1	1	2	0
What type of poo did you do?		4	3	4	4	3	
Did you need to rush to the toilet? (yes/no)		n	y	y	y	y	
Did you need push hard to poo? If yes, how long did you sit on the toilet?		y	y first push	y	y	y	
Did you see any food bits in your poo? If yes, what did you see?							
Did you see any blood? (If always no, skip this question)							
Did your poo have a funny smell? (yes/no)							
What colour was your poo? (If always brown, skip this question)	b	b	brown	b	b	b	