LET'S TALK
about Bowel Control

NIDDK
NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

Stool Diary

PLEASE RECORD YOUR STOOL HABIT FOR 1 WEEK: **Name:**

Date	Time of Bowel Movement (BM)	Incontinence	Stool Seepage or Staining	Stool Consistency (Type 1–7, see below)	Urgency unable to postpone BM for more than 15 minutes	Use of Pads	Medications	Comments
		Yes/No	Yes/No		Yes/No	Yes/No		

Use the following descriptors for describing stool consistency:

Type 1: Separate hard lumps, like nuts.
Type 2: Sausage-shaped but lumpy.
Type 3: Like a sausage or snake but with cracks on its 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.

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