Poo diary

This poo diary is for:

Child's name _____ Date of birth _____

Healthcare professional's name _____

Date	Time	Type of stool (use number from poo chart)	Quantity of stool Lots, some, little	Pain/distress when passing stool Yes **(Y)**, No **(N)**, Some **(S)**	Where was the stool passed Toilet **(T)**, Nappy **(N)**, Other **(O)**	Pants soiled		Name and dose of Laxatives
						Time of soiling	Type of soiling (Stained, loose, solid)	

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Choose your poo

The Poo Chart (Bristol Stool Form Scale)

The Bristol Stool Form Scale was developed by researchers at the University of Bristol as a means to evaluate stool form and to identify whether there is a correlation between stool form and intestinal transit time.[1]

TYPE 1 Separate hard lumps, like nuts (difficult 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

TYPE 6 Fluffy pieces with ragged edges - a mushy stool

TYPE 7 Watery, no solid pieces, entirely liquid (diarrhoea)

References

1. Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol* 1997;**32**:920-924