Bowel Movement Diary

is also used to monitor pelvic organ prolapse affecting the bowel



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Those with a rectocele or enterocele may find it beneficial to seek advice from an experienced nutritionist about how to adjust your diet to avoid constipation.

Note: Ring pessaries are known to obstruct the passing of stools easily. Talk to your doctor if this is the case for you.

	Name
	Weight

Age

Pessary used

Type, Size

Known food allergies/sensitivies

Date of last test & type for food tollerance

Are you able to control the Yes - sometimes - not at all passing of gas.

BRISTOL STOOL CHART

T 4	T 2	T 2	T 4	T F	T C	Type 7	
Type 1	Type 2	Type 3	Type 4	Type 5	Type 6		
Severe constipation	Mild constipation	Normal	Normal	Lacking fibre	Mild diarrhea	Severe diarrhea	
Separate hard lumps, like nuts (difficult to pass and can be black)	Sausage- shaped, but lumpy	Like a sausage but with cracks on its surface (can be black)	Like a sausage or snake, smooth and soft (average stool)	Soft blobs with clear cut edges	Fluffy pieces with ragged edges, a mushy stool (diarrhoea)	Watery, no solid pieces, entirely liquid (diarrhoea)	
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Important notes to bring to your attention

			Record and show this chart to your medical advisor							_		
DATE	Menstruation Cycle	TIME of bowel movement	Describe stool according to Bristol Stool Chart	FECAL INCONTINENCE Leave blank if N/A	CONSTIPATION (was splinting needed)	Urge to go	RECTAL, BACK,	VAGINA: Prolapse bulge - Entrance of vagina - Outside vagina	ANUS: Prolapse bulge - Entrance of anus - Outside anus	Fluid intake: Note all fluid types and quanties	Food intake	NOTES: Anything you feel your doctor should know. Indicate if you feel the pessary is an obstruction to your bowel movements
			1-7		Yes/No	Yes/No	Indicate with V,R,B, P	Indicate with EV, OV	Indicate with EA, OA			
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