






One Month Stool and Laxative Calendar



Record all stools for one month. Include the size (large, medium, small), and the consistency of the stool (use the scale on the back of this sheet). List all fecal soiling accidents. If there is room, record the laxative dose given each day. Have this calendar with you when you call the clinic and when you come to your next visit.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

The Bristol Stool Scale

Type	Looks like	Description
Type 1		Separate, hard lumps, like nuts. Hard to pass.
Type 2		Sausage-shaped, but lumpy.
Type 3		Like a sausage or snake, smooth and soft.
Type 4		Fluffy pieces with ragged edges, a mushy stool.
Type 5		Watery, no solid pieces. All Liquid.