

Name: _____

Date: _____








Please document all of your child's episodes of BM and vomiting. Please refer to Bristol stool chart as to how to document the bowel movement (i.e., Type 2).

- If applicable, record Miralax dosage each day and at what time it was administered.

Bowel Movement/Emesis Chart

	MON	TUES	WED	THURS	Fri	Sat	Sun
12am							
1 am							
2 am							
3 am							
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10pm							
11pm							

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard 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 (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

The Bristol Stool Chart or Bristol Stool Scale is a medical aid designed to classify feces into seven groups. It was developed by K. W. Heaton and S. J. Lewis at the University of Bristol and was first published in the Scandinavian Journal of Gastroenterology in 1997.¹ The form of the stool depends on the time it spends in the colon.

According to the chart, the seven types of stools are:

- Type1: separate hard lumps, like nuts (hard to pass)
- Type2: sausage-shaped but lumpy
- Type3: like a sausage but with cracks on its surface
- Type4: like a sausage or snake, smooth and soft
- Type5: soft blobs with clear-cut edges (easily passed)
- Type6: fluffy pieces with ragged edges, a mushy stool
- Type7: watery, no solid pieces, entirely liquid

Types 1 and 2 indicate constipation Types 3 and 4 are the easiest to pass Types 5-6 may indicate diarrhea Type 7 may be a sign of cholera or food poisoning, etc

Reproduced by kind permission of Dr KW Heaton, Reader in Medicine at the University of Bristol.
© 2001 Norgine Limited.