



When completing the bowel movement record, please use the Bristol Stool Chart below to record the type of stool passed.

If a client is passing types 1-2 or types 5-7 for 48 hours or more, consult a GP or 111 immediately and record the outcome on a medical appointment record sheet and in the client's communication book. Similarly, if a client has not passed a stool at all in 72 hours then you should consult a GP or 111 immediately and record the outcome on a medical appointment record sheet and in the client's communication book.

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

Types 1-2 is an indication of constipation

Types 3-4 are ideal stools as they are easier to pass

Types 5-7 may be an indication of diarrhea.

Monthly Bowel Recording Chart

Name	
Month	
Key: N=night, D=day, E=evening	

D A T E		Bowel Movement – please mark with a ✓	No Bowel Movement – please mark with a ✓	Large/ Medium/ Small	Type according to Bristol Stool Chart	Staff Signature
1	D					
	E					
	N					
2	D					
	E					
	N					
3	D					
	E					
	N					
4	D					
	E					
	N					
5	D					
	E					
	N					
6	D					
	E					
	N					
7	D					
	E					
	N					
8	D					
	E					
	N					
9	D					
	E					
	N					
10	D					
	E					
	N					
11	D					
	E					
	N					
12	D					
	E					
	N					
13	D					
	E					
	N					
14	D					
	E					
	N					

D A T E		Bowel Movement – please mark with a ✓	No Bowel Movement – please mark with a ✓	Large/ Medium/ Small	Type according to Bristol Stool Chart	Staff Signature
15	D					
	E					
	N					
16	D					
	E					
	N					
17	D					
	E					
	N					
18	D					
	E					
	N					
19	D					
	E					
	N					
20	D					
	E					
	N					
21	D					
	E					
	N					
22	D					
	E					
	N					
23	D					
	E					
	N					
24	D					
	E					
	N					
25	D					
	E					
	N					
26	D					
	E					
	N					
27	D					
	E					
	N					
28	D					
	E					
	N					
29	D					
	E					
	N					
30	D					
	E					
	N					
31	D					
	E					
	N					