**PFM PHYSIO – Bowel Diary**

Fill in this diary for three or more days in a row Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **DAY & TIME** | | **Bowel Movement** | | | | **PADS/CLOTHING** | **BOWEL MOVEMENT** | **WHAT HAPPENED & COMMENTS** |
| **Day** | **Time** | **Stool (poo) type**  **Bristol Stool Chart Type 1-7** | **How urgent was your need to use your bowels (poo)?**  **1= no urge**  **3= normal urge**  **5= strong urge** | **Did you leak or soil?** | **How much dd you leak or soil?**  **(smear, small, medium, large)** | **Did you change your pad or clothing? (yes/no)** | **Did you take any laxatives, fibre supplements, enemas, suppositories etc?** | **Where were you and what were you doing at the time of the accident/soiling?** |
| *Example:*  *Mon 3 Mar* | *7am* | *5* | *1* | *Yes – both poo and wee* | *Medium* | *Yes, my underpants and jeans* | *Psyllium husks the night before* | *Went for a walk after breakfast. Didn’t realise I leaked wee and poo at the same time.* |
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