

# Monitoring Chart: Bowel Movement (BM)

**Patient Name**

First \_\_\_\_\_ Last \_\_\_\_\_

**Date of Birth**

\_\_\_\_\_

**WHEN TO USE THIS CHART:**

Constipation is a common issue that can cause pain and distress, and be a root cause for behaviour changes. It is important to track bowel movements (BM), and to review this information with the health care provider.

**EXAMPLE:**

**1**

BM	1	2	3	4
Size	S			
Type	7			
Medication*				

**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 the surface

**Type 4**



Like a sausage or snake, smooth and soft

**Type 5**



Soft blobs with clear-cut edges

**Type 6**



Fluffy pieces with ragged edges, a mushy stool

**Type 7**



Watery, no solid pieces. Entirely liquid

\*Source: Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. Scandinavian Journal of Gastroenterology 1997; 32(9): 920-4.

**INSTRUCTIONS:**

1. Record the BM size (L = Large; M = Medium; S = Small).
2. Record BM type (1 to 7 of the Bristol BM Chart).
3. Record (☑) if any medications were given for bowels.\*

Month: \_\_\_\_\_

Year: \_\_\_\_\_

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