

DAILY DIARY FOR RECORDING BOWEL SYMPTOMS

NAME:

DATE STARTED:

You have previously completed a detailed one week "bowel function chart".

The diary below is designed to record the ongoing progress of your **main** bowel symptoms over the next few months. You and your physiotherapist will work out which of the following (from the 1 – 9 below) you will need to record, depending on your particular symptoms. Use the bold in the key provided.

1. **Frequency** of bowel action: record the total number or time you had a bowel action(s).
2. **Amount: Am: S** (small), **M** (medium), **L** (large),
3. **Consistency: Cons:** 1-7 Bristol Stool chart
4. **Straining or pushing: S** (strain to initiate or finish), **M** (used manual assistance)
5. **Empty completely: Emp: Y;** yes , **N;** no
6. **Urgency : U: 0=** No Urge **1=** Mild, **2 =** Moderate, **3 =** Strong
7. **Soiling occurred: B** (before made it), **A** (after motion)
8. **Soiling amount : AA** (around anus), **S** (skid mark on underwear / pad), **C**(change pad / underwear)
9. **Wind escape / rectal flatulence: W =** wind escape when you tried to prevent it

It is very important that you fill in the chart every day and bring to every appointment. Thank you

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							
WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							

Leading the way in Pelvic Health

