

Bowel function diary

Pelvic Floor Service

Information for Patients

Produced: January 2024

Review: January 2027

Leaflet number:1470 Version: 1

Introduction

Please complete this diary for 14 days up to and including the date of your appointment.
If it is not possible to complete the full diary before your appointment, please complete as many days as possible.

Steps to complete this diary:

- Put a mark (✓) in the box each time you open your bowels. If you open your bowels 6 times then there should be ✓✓✓✓✓✓ in the box.
- Poo firmness (stool consistency):

S=Solid M=Mushy L=Liquid

Only circle 1 letter each day.

**Health information and support is available at www.nhs.uk
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Diary- week 1

Start date:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Number of times you went to the toilet and had to rush in a day (24 hours)							
Number of times you went to the toilet and did not rush in a day (24 hours)							
Leak solid poo (Yes or No)							
Leak loose poo (Yes or No)							
Staining of underwear (Yes or No)							
Pads used (Yes or No)							
Poo firmness in general (Only circle 1)	S M L	S M L	S M L	S M L	S M L	S M L	S M L
Straining (Yes or No)							
Need to use a finger (Yes or No)							
Did your poo limit your daily activities (Yes or No)							

Diary-week 2

Start date:	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Number of times you went to the toilet and had to rush in a day (24 hours)							
Number of times you went to the toilet and did not rush in a day (24 hours)							
Leak solid poo							
Leak loose poo							
Staining of underwear (Yes or No)							
Pads used (Yes or No)							
Poo firmness in general (only circle 1)	S M L	S M L	S M L	S M L	S M L	S M L	S M L
Straining (Yes or No)							
Need to use finger (Yes or No)							
Did your poo limit your daily activities (Yes or No)							



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اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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