

Bowel Diary

Name: _____

Use this diary to record each time you go to the toilet. It will be a good reference for you to see how things are improving and will help the Coloplast team or your healthcare professional to understand how you are progressing, when you speak to them.

Date	Bristol type (1-7)	Satisfaction with current bowel management	Faecal accident	Suddenly needing to rush to the toilet	Planned or changed my day based on my bowel	Changes in diet, or medications	Impact on my mental/emotional wellbeing
		☐ Satisfied ☐ OK ☐ Dissatisfied	☐ Yes ☐ No	☐ A lot ☐ Some ☐ None	☐ A lot ☐ Some ☐ None		☐ A lot ☐ Some ☐ None
		☐ Satisfied ☐ OK ☐ Dissatisfied	☐ Yes ☐ No	☐ A lot ☐ Some ☐ None	☐ A lot ☐ Some ☐ None		☐ A lot ☐ Some ☐ None
		☐ Satisfied ☐ OK ☐ Dissatisfied	☐ Yes ☐ No	☐ A lot ☐ Some ☐ None	☐ A lot ☐ Some ☐ None		☐ A lot ☐ Some ☐ None
		☐ Satisfied ☐ OK ☐ Dissatisfied	☐ Yes ☐ No	☐ A lot ☐ Some ☐ None	☐ A lot ☐ Some ☐ None		☐ A lot ☐ Some ☐ None
		☐ Satisfied ☐ OK ☐ Dissatisfied	☐ Yes ☐ No	☐ A lot ☐ Some ☐ None	☐ A lot ☐ Some ☐ None		☐ A lot ☐ Some ☐ None

The Bristol Stool Scale



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

Adapted from the consensus definition of low anterior resection syndrome. Keane C., Fearnhead N.S., Bordeianou L., et al. Internal consensus definition of low anterior resection syndrome. Colorectal Disease. 2020;22(3):331-341. Consult your Healthcare Professional who can decide whether Peristeen® Light is a suitable treatment. If Peristeen® Light is appropriate for you, you will require specialist training in its use. Peristeen® Light should not be used in children younger than 3 years.