

## *Instructions for bowel diary*

Liquids- Record everything you drink and measure the amount you drink

Foods- Record everything you eat. Be specific and detailed.

BM in toilet- Record every time you use toilet. Record whether small, medium or large amount. Record any straining, Pain, time spent on toilet

Leakage-Record every time you leak stool. How much? Small  
Moderate-change pad/underpants  
Large- complete change of clothes required

5.) Record the consistency of stool. See Bristol scale

6.) Activity with leakage- Record what you were doing at the time leakage occurred.