








THE POOP LOG

There's so much information to be gained about your health from paying attention to your poo! Bathroom talk is considered a private matter and even rude to speak of, but healthy bowel movements are an important part of a healthy life.

The Bristol stool chart is the standard basic assessment tool that anyone can use to identify the general health of their bowel movements. According to this chart, stool is categorized into seven types, which range on a scale from significant constipation to significant diarrhea. The low end of the scale signifies stool that is very dry, as the result of sitting in the colon for weeks. On the high end of the spectrum is stool that has too much water, as the result of moving through the body too quickly. A healthy bowel movement should be in the range of a 3 or 4.

Below is the Bristol stool chart, which depicts and briefly describes the seven types of stool.

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	Severe constipation
	Type 2	Lumpy and sausage like	Mild constipation
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fiber
	Type 6	Mushy consistency with ragged edges	Mild diarrhea
	Type 7	Liquid consistency with no solid pieces	Severe diarrhea

Using this chart, identify which of the seven categories best describes your stool on an average day. On the following page, answer the questions.

QUESTIONS

How many bowel movements do you have per day? _____ Per week? _____



Do you have a certain time of day or routine for when and how you typically have a bowel movement? If so, please describe.

Do you typically strain or experience pain while trying to pass a bowel movement? _____



How would you describe the consistency of your stools?

What's the color of your stool on an average day? _____

Does your stool typically sink or float? _____

After passing stool, do you typically feel like you were able to get it all out? _____

Do you take, or have you ever regularly taken, laxatives or stool softeners? _____



Please list any uncomfortable feelings or symptoms you may be experiencing.