










Bladder & Bowel Diary

DR. KELLY IS TAKING IT ONE STEP FURTHER. IN ADDITION TO YOUR AWESOME BLADDER DIARY, LET'S NOW TUNE IN A BIT MORE TO #2! STILL FILL OUT YOUR USUAL INS/OUTS FOR FLUID, BUT NOW ALSO INCLUDE POOPS, WITH THE TYPE (SEE P2)

TIME	FOOD-DRINK CONSUMED; MEDICATION; AMOUNT	CHECK HERE FOR EACH BOWEL MOVEMENT	BOWEL URGENCY? 1 = MILD 3 = STRONG	PAINS OR DISCOMFORTS? 1 = MILD 3 = STRONG	STOOL TYPE? USE BRISTOL STOOL FORM FROM PAGE 2	ACCIDENTS/ LEAKAGE? SMALL, MEDIUM OR LARGE?
12A-2A						
3A-5A						
6A-8A						
9A-10A						
10-11A						
11A-12P						
12-1P						
1-2P						
2-3P						
3-4P						
4-5P						
5-6P						
6-7P						
7-8P						
8-9P						
9-10P						
10P-12A						

Bladder & Bowel Diary

TYPE 1		RABBIT DROPPINGS	Separate hard lumps
TYPE 2		BUNCH OF GRAPES	Sausage-shaped, but lumpy
TYPE 3		CORN ON COB	Like a sausage but with cracks on its surface
TYPE 4		SAUSAGE	Like a sausage or snake, smooth and soft
TYPE 5		CHICKEN NUGGETS	Soft blobs with clear cut edges
TYPE 6		PORRIDGE	Fluffy pieces with ragged edges, a mushy stool
TYPE 7		GRAVY	Watery, no solid pieces, entirely liquid