



Having trouble pooing
(constipation) can make you ill.

Writing in this diary will mean
people can help to make it better.



Look in to the toilet before
you flush.

Use the Bristol Stool Chart
to see what type of poo it is.



Tick the chart inside to show
what type of poo it is.



Write in any comments like
the size of the poo.



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URN 0368

Poo Chart

Bristol Stool Chart

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

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Reader in Medicine, University of Bristol.

Diabetes and Nutrition Services

Poo Chart

Name: _____ **Date:** _____

Name: _____ **Date:** _____

[illegible]