## Stool Diary

**PLEASE RECORD YOUR STOOL HABIT FOR 1 WEEK:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time of Bowel Movement (BM)</th>
<th>Incontinence</th>
<th>Stool Seepage or Staining</th>
<th>Stool Consistency (Type 1–7, see below)</th>
<th>Urgency unable to postpone BM for more than 15 minutes</th>
<th>Use of Pads</th>
<th>Medications</th>
<th>Comments</th>
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Use the following descriptors for describing stool consistency:

- **Type 1:** Separate hard lumps, like nuts.
- **Type 2:** Sausage-shaped but lumpy.
- **Type 3:** Like a sausage or snake but with cracks on its surface.
- **Type 4:** Like a sausage or snake, smooth and soft.
- **Type 5:** Soft blobs with clear-cut edges.
- **Type 6:** Fluffy pieces with ragged edges, a mushy stool.
- **Type 7:** Watery, no solid pieces.