








Bowel Management Tool

WEEK _____

AM (morning)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sit on toilet							
Bowel movement							
Accident code							
Accident timing							
Osmotic laxative							
Stimulant laxative							
Rectal therapy							
PM (afternoon)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sit on toilet							
Bowel movement							
Accident code							
Accident timing							
Osmotic laxative							
Stimulant laxative							
Rectal therapy							

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 the 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. Entirely liquid

Instructions:

Use check marks to indicate daily toilet sitting whenever this occurs (morning= anytime prior to 12pm noon. Evening= anytime after 12pm noon)

Please mark bowel movements when they occur using the numbers (1-7) indicated by stool consistency on the provided Bristol Stool Chart Please indicate any accident should one occur with the following codes: S= streak or smear or the corresponding numbers (1-7) indicated by stool consistency on the Stool Chart

Briefly describe details of accident timing (ie: playing, in a car, at school, etc)

Indicate the medications used (if any):

Osmotic laxatives: Polyethelene glycol (PEG 3350) measured in teaspoon increments or capfuls, lactulose in ml or teaspoons, mineral oil or Magnesium based laxatives in ml or teaspoons

Stimulant laxatives: Senna measured in teaspoons, or tablets, Bisacodyl measured in tablets

Rectal therapy: S= Suppository, E= Enema
<http://www.vertex42.com/ExcelTemplates/kids-chore-schedule.html>

➔ **Locate a Pediatric Gastroenterologist**

IMPORTANT REMINDER: This information from the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN) is intended only to provide general information and not as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.



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