NATIONAL ASSOCIATION FOR CONTINENCE

STOOL DIARY

Complete this form for a week before your appointment with a healthcare provider. Use as many pages as needed. In order to keep the most accurate diary possible, you'll want to keep this with you at all times and write down the events as they happen. Take the completed forms with you to your appointment.

NAME:

DATE:

Date	Time	Incontinence Yes/No	Stool Seepage or Straining Yes/No	Stool Consistency 1-7 (See Below)	Urgency (unable to wait 15+ mins) Yes/No	Use of Pads Yes/No	Medications	Comments

STOOL CONSISTENCY Type 1: Separate hard lumps. 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.

Provided by the National Association For Continence;
visit www.nafc.org for more information, locate a special special, and find support.