Alberta Health Services

Affix patient label within this box

Stool Chart/Bowel Record

Type 6 and 7 may indicate unformed stools/diarrhea.

Date *(yyyy-Mon-dd)*	**Time** *(hh:mm)*	**Type** *(see Bristol Stool Chart)*	**Estimated Amount** *(see guidelines below, choose one)* S/M/L	**Initials**
		Please order from Data Group		

Sample

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

Amount Estimates

- *Small (S): less than 1/2 cup (125 mL)*
- *Medium (M): 1/2 -1 cup (125-250 mL)*
- *Large (L): greater than 1 cup (250 mL)*

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