








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

Please circle which laxatives are taken, if any, and record how frequently they are used.

Movicol/Laxido/Cosmocol

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Senna

Dulcolax

Fybogel

Lactulose

Other.....