

KEEPING A RECORD OF BOWEL FUNCTION

A list of all your medications taken to regulate bowel function should be recorded at the top of the page, unless changes are made, in which case the changes should appear in the notation on the day the change was instituted.

- The first item on your record should be the day and date**
- The second item should be the total number of bowel actions for that 24 hours**
- The third item should record the consistency of the bowel movement graded as firm solid— soft peanut butter consistency— watery liquid stool. (F-firm, S-soft, W-watery).**
- The fourth item should be a notation if there was obvious blood, or episodes of fecal incontinence (accidents), and whether an anti-diarrhea agent (like Lomotil or Imodium had been taken over that 24 hours.)**

Following this format, provides the best information about your bowel function.

Example:

Meds: Benefiber 1 tbsp daily, Dulcolax 5 mgm tab daily, Lomotil, as needed

**4/16—(3) total BM
1 F, 1S, 1W**

**Blood streaks
One “accident”**

4/17—(zero)

No B.M.

**4/18—(4 total BM)
2F, 1S, 1W**

**One “accident”
Took 1 Lomotil**

**If you have questions, please call the office
(352-331-6736).**