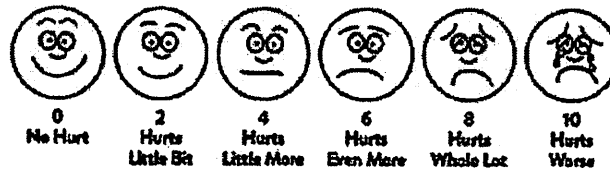
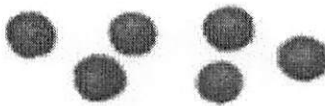





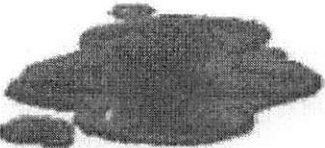


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Poop? Yes/ No # of poops							
Bristol Type # (see handout)							
Pain ? Yes/ no when? What were you doing at that time?							
Where was the pain?							
Associated feelings?							
What made it worse?							
What made it better?							
How severe ? (See picture for pain scale 1- 10)							



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