

## Cardiff and Vale University Health Board

Department of Physiotherapy - Women's Health Bowel Chart: Date: .....

Day	Date	Type of laxative	Amount of laxative	Time of taking laxative	Number of bowel movements	Time of bowel movement	Stool Type
1							
2							
3							
4							
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30							

Type 1	9	Separate hard lumps, like nuts (difficult to pass)
Type 2		Sausage-shaped but lump
Type 3	NA A	Like a sausage or snake b 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
Туре 7		Watery, no solid pieces (entirely liquid)