

Customer name:

Customer e-mail:

Contact no:

### Record your **14 days** healthy banana look stool !

Date	Time	Type/Description eg: Texture, smells, shape, and colour <i>(Please refer to stool form scale as below and tick "✓" all that apply)</i>										Colour (eg, red, yellow, black, orange, white spot)	Quantity of stool (eg, small, medium, large)	NO bowel movement
		1	2	3	4	5	6	7	M	B	O			

**Constipation** = abnormally frequent hard stools/ no bowel movement (type 1 & 2)

**Diarrhea** = abnormally frequent watery stools (type 6 & 7)

Source: PICNet CDI Toolkit and Clinical Management Algorithm Feb 2013

## THE BRISTOL STOOL FORM SCALE

*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**