

Appendix 4: Bowel diary

BOWEL DIARY

Starting date: / /

	Week						Week								
Products Used: Quantity															
Results: Amount															
Bristol Stool No. <i>(See P 68)</i>															
Comments: soling, pain, bleeding, corn test															

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Product: Mt = Metamucil Mv = Movicol
 B = Benefibre C = Coloxyl 120mg
 O = Osmolax N = Normafibe

Other Products :

Sml Small Amount **Med** Moderate Amount **Lar** Large Amount

Tip: Photocopy and enlarge this chart to A4 size.

Legend