

PERSONAL JOURNAL

Every time you have a bowel movement (or feel the need to, but are unable), take a few minutes to fill out the table below. Keeping detailed information will help you and your doctor assess your symptoms and determine which treatment might be best for you.

For the second and third columns, **Consistency of Stool** and **How Difficult to Pass**, it will be helpful to use a rating system. In the second column, rate the consistency of your stool using the following scale:

- 1 Separate hard lumps; like nuts; hard to pass
- 2 Sausage-shaped but lumpy
- 3 Like sausage but with cracks in the surface
- 4 Like sausage or snake; smooth and soft
- 5 Soft blobs with clear cut edges; easy to pass
- 6 Watery; no solid pieces

In the third column, rate your difficulty in passing the stool from 1 (extremely difficult and painful), to 10 (no effort needed, trouble holding it). Also, write down the duration of your bowel movement. Even if the consistency of your stool seems to be okay, your doctor may want to know if the process of passing it takes an unusually long time.

The **Notes** column will be helpful for any other thoughts or detailed descriptions you may want to jot down. Be sure to keep track of things, such as finding blood on your toilet paper or in the toilet water. Also, document those times you passed a stool but, for some reason, did not feel you were able to pass everything.

