

Monitoring Chart: Bowel Movement

Patient Name		Date of Birth
First	Last	

WHEN TO USE THIS CHART:
 Constipation is a common issue that can cause pain and distress, and be a root cause for behaviour changes. It is important to track bowel movements, and to review this information with the health care provider.

EXAMPLE:

1	BM	1	2	3	4
Size	S				
Type	7				
Medication	☑				

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 the surface

Type 4



Like a sausage or snake, smooth and soft

Type 5



Soft blobs with clear-cut edges

Type 6



Fluffy pieces with ragged edges, a mushy BM

Type 7



Watery, no solid pieces. Entirely Liquid

*Source: Lewis SJ, Heaton KW. BM form scale as a useful guide to intestinal transit time. Scandinavian Journal of Gastroenterology 1997; 32(9): 920-4.

- INSTRUCTIONS:**
- Record the BM size (**L** = Large; **M** = Medium; **S** = Small).
 - Record BM type (**1 to 7** of the Bristol BM Chart).
 - Record (☑) if any medications were given for bowels.*

MONTH: _____ **YEAR:** _____

1	2	3	4	5	6	7
BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4
Size	Size	Size	Size	Size	Size	Size
Type	Type	Type	Type	Type	Type	Type
Medication	Medication	Medication	Medication	Medication	Medication	Medication
8	9	10	11	12	13	14
BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4
Size	Size	Size	Size	Size	Size	Size
Type	Type	Type	Type	Type	Type	Type
Medication	Medication	Medication	Medication	Medication	Medication	Medication
15	16	17	18	19	20	21
BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4
Size	Size	Size	Size	Size	Size	Size
Type	Type	Type	Type	Type	Type	Type
Medication	Medication	Medication	Medication	Medication	Medication	Medication
22	23	24	25	26	27	28
BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4
Size	Size	Size	Size	Size	Size	Size
Type	Type	Type	Type	Type	Type	Type
Medication	Medication	Medication	Medication	Medication	Medication	Medication
29	30	31	<p>* If you don't use a MAR (Medication Administration Record), or if you would like to track if a PRN or extra medication was given for bowel movements, indicate ☑ on this chart. If recorded on a MAR, bring that to a medical provider at the time of review.</p>			
BM 1 2 3 4	BM 1 2 3 4	BM 1 2 3 4				
Size	Size	Size				
Type	Type	Type				
Medication	Medication	Medication				

This document complements “Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines”, published in Canadian Family Physician, Volume 64(4): April 2018, p254-279.

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