



# Bowel diary

This diary allows you to track your bowel symptoms. The information can help you and your clinician understand your bowel activity, which is important in diagnosing bowel conditions, making treatment decisions and evaluating therapy results.

The diary is used for symptoms of **fecal incontinence** also known as **accidental bowel leakage**. Your health care provider will instruct you on how to record your symptoms.

## Completing your bowel diary

1. Each time you go to the bathroom or have accidental stool loss, add the date and time and then complete the row:
  - a. **Urgency:** How strongly you needed to go to the bathroom  
(Scale: 0 = None, 1 = Mild, 2 = Moderate, 3 = Strong, 4 = Desperate)
  - b. **Stool consistency:**  
Check the stool consistency: Normal, Soft/Mushy, or Diarrhea
  - c. **Bowel accident:** Check if you lost stool uncontrollably
  - d. **Staining:** Check if you had staining due to minor leakage but no loss of actual stool
  - e. **Change pad:** Check if you changed a pad or liner
  - f. **Medication used today:** Check if you took any medication to manage your bowel symptoms
3. Continue your bowel diary for the number of days as instructed by your health care provider.
4. For each day, record all events, day and night for a full 24 hours.
5. Share the completed diary with your health care provider to use in your ongoing treatment discussions.

## Important tips

1. Fill out your diary every day. Keep your diary with you so that you can complete this as each episode happens.
2. Try to avoid waiting long periods of time to record episodes; this may affect the accuracy of your diary entries.
3. Follow the instructions above to ensure that your entries are consistent.

## Your next appointment is on:

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## For help and further information, please contact:

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