

## Daily Bowel Diary

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Controlled bowel movements (no incontinence: underwear, pads or pants remain clean)</b>							
How many times did you go to the toilet? (controlled)							
How many times did you <b>rush</b> to reach the toilet in time?							
<b>Uncontrolled bowel movements (incontinence: underwear, pads or pants dirtied)</b>							
How many times did you <b>not</b> make it to the toilet in time? (rushed)							
How many times did you not feel the bowel movement, and only realise afterwards? (passive leakage)							
<b>Staining/minor soiling of underwear</b>							
Did you stain/soil your underwear, pants or pad(s) today?	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
<b>Pad Usage/Enema/Suppository</b>							
Pad(s) used for incontinence – Amount:							
Enema/Suppository administered?	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
<b>Social Functioning</b>							
Did your faecal incontinence limit your daily activities? (eg: leaving the house, shopping, etc)	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
<b>Stool Consistency</b>							
What was your stool consistency today? (circle one)	Solid Mushy Liquid	Solid Mushy Liquid	Solid Mushy Liquid	Solid Mushy Liquid	Solid Mushy Liquid	Solid Mushy Liquid	Solid Mushy Liquid