The Shrewsbury and Telford Hospital NHS
NHS Trust

2 Week Bowel Diary

Patient's name……Casenote number……

Please complete at the end of each day

Start Date ……	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
How many times did you **attempt** to empty your bowels today?							
Indicate the number of times you **actually** passed stool							
Overall, do you feel like you have completely emptied your bowels today?	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐
Did you use laxatives today?	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐
Did you use a suppository today?	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐
Did you use rectal irrigation today?	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐

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Start Date ……	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
How many times did you **attempt** to empty your bowels today?							
Indicate the number of times you **actually** passed stool							
Overall, do you feel like you have completely emptied your bowels today?	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐	Yes ☐ No ☐ Did not open bowels ☐
Did you use laxatives today?	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐
Did you use a suppository today?	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐
Did you use rectal irrigation today?	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐	Yes ☐ No ☐

Please bring this diary to your biofeedback hospital appointment