Bowel Movement Tracker

When using stool softeners or laxatives, it can be helpful to track bowel movements and adjust the medication doses as needed. Use the chart below to track bowel movements.

NAME: ____________________________  DATE OF BIRTH: ____________________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Comments</th>
<th>Type 1</th>
<th>Type 2</th>
<th>Type 3</th>
<th>Type 4</th>
<th>Type 5</th>
<th>Type 6</th>
<th>Type 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/1/2018</td>
<td>1 p.m.</td>
<td>M</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8/2/2018</td>
<td>6 p.m.</td>
<td>S</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WHAT CAN I DO IF THERE IS NOT A BOWEL MOVEMENT EVERY DAY?

Here is how you can help if there is not a bowel movement every day:

- **1 day without a bowel movement:** __________________________________________________________
- **2 days without a bowel movement:** __________________________________________________________
- **3 days without a bowel movement:** __________________________________________________________
- **4 days without a bowel movement:** Call the care team for next steps. The care team might recommend a **clean-out** (a treatment plan that uses medications to relieve constipation).
This handout is intended to provide health information so that you can be better informed. It is not a substitute for medical advice and should not be used to treat any medical conditions.

### Lurie Center for Autism
**Mass General Hospital for Children**
1 Maguire Road
Lexington, MA 02421

www.massgeneralforchildren.org/lurie-center

---

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Types of Stools**
- **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 surface
- **Type 4**: Soft, breaks with clear-cut edges, passed easily
- **Type 5**: Soft, thick, mushy stool
- **Type 6**: Fluffy pieces with ragged edges, a mushy stool
- **Type 7**: Watery, no solid pieces (entirely liquid)

---

For more information please call

781-860-1700

Rev. 8/2018