Appendix C: Sample Bowel Elimination Record

	Date:			Date:		
	Nights	Days	Evenings	Nights	Days	Evenings
BM						
Time						
Continent						
Nature						
Amount						
Toilet						
Fluid intake						
24-hour intake						
Fibre intake						
Treatment						
Referrals/Consults						
Total # of BMs						
# Episodes of						
constipation/fecal						
soiling						
Initials						
	Date:			Date:		
	Nicolata	Days	Evenings	Nights	Days	Evenings
	Nights	Days		Ivigitis	Days	
BM	Nights	Days		ivigitis		3
BM Time	Nights	Days		ivigitis	Days	3
Time	Nights	Days		Nights		
Time Nature	Nights	Days		Nights		
Time	Nights	Days		Nights		
Time Nature Amount	Nights	Days		Nights		
Time Nature Amount Toilet	Nights	Days		INIGHTS		
Time Nature Amount Toilet Fluid intake	Nights	Days		INIGHTS		
Time Nature Amount Toilet Fluid intake 24-hour intake	Nights	Days		INIGHTS		
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake	Nights	Days		Nights		
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment Referrals/Consults	Nights	Days		Nights		
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment Referrals/Consults Total # of BMs	Nights	Days		Nights		
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment Referrals/Consults Total # of BMs # Episodes of	Nights			Nights		
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment Referrals/Consults Total # of BMs	Nights			INIGHTS		

	Date:			Date:			
	Nights	Days	Evenings	Nights	Days	Evenings	
BM							
Time							
Continent							
Nature							
Amount Toilet							
Fluid intake							
24-hour intake							
Fibre intake							
Treatment							
Referrals/Consults							
Total # of BMs							
# Episodes of							
constipation/fecal							
soiling							
Initials							
				Date:			
	Date:			Date:			
	Date:	Davs	Evenings	Date:	Davs	Evenings	
	Date: Nights	Days	Evenings	Date: Nights	Days	Evenings	
ВМ		Days	Evenings		Days	Evenings	
Time		Days	Evenings		Days	Evenings	
Time Nature		Days	Evenings		Days	Evenings	
Time Nature Amount		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment Referrals/Consults		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment Referrals/Consults Total # of BMs # Episodes of constipation/		Days	Evenings		Days	Evenings	
Time Nature Amount Toilet Fluid intake 24-hour intake Fibre intake Treatment Referrals/Consults Total # of BMs # Episodes of		Days	Evenings		Days	Evenings	

Legend: BM (Bowel Movement): $\sqrt{}$ Enter time: Continent: $\sqrt{}$ = Continent; | = Incontinent

Amount: S = small (< 250 ml); M = normal (> 250 - < 500 ml); L =large (> 500 ml); FO = oozing; FS = staining

Nature: N = normal (soft, formed, brown stool; not foul smelling); H = hard, dry; W = watery, liquid; P = pasty; B = bulky and unformed

Toilet: T = toilet; C = commode; B = bedpan; SL = side lying

Fluid intake: Record actual amount consumed per shift. Calculate 24-hour intake.

Fibre intake: Record number of fibre items consumed.

Treatments: PRN laxatives, suppositories, enemas, rectal stimulation. Enter time treatment given and initials. Regularly prescribed laxatives are recorded on Medication Administration Record (MAR).

Referrals: D = Dietitian; NCA = Nurse Continence Advisor; OT = Occupational Therapy; P = Pharmacy; PT = Physiotherapy Enter total # of BMs: Enter total episodes of constipation/fecal soiling:

Disclaimer: The above bowel elimination record is developed by the RNAO Guideline Revision panel (2005) and is provided for sample purposes only.