

# Coloxyl Stool Diary

This diary is designed to help you track and monitor the frequency and consistency of your child's bowel movements. This information may assist your healthcare professional in evaluating and managing your child's constipation.



## How to use the Coloxyl Stool Diary:

1. Please write the 'Week of' date at the start of each week.
2. Record the type of bowel movement under 'Type' using the Bristol stool form scale below. You can use a simple scoring system between 1-7 based on the closest match. This scale helps to categorise stool consistency.
3. Fill in the 'Comments' section with any other information you think is relevant eg. if soiling occurred, how long it took to poo, colour of the poo.
4. Complete the diary for a week, or longer if your healthcare professional asks for it.

## Bristol Stool Form Chart



### TYPE 1

Separate hard lumps, like nuts



### TYPE 2

Sausage-shaped but lumpy



### TYPE 3

Like a sausage but with cracks on the surface



### TYPE 4

Like a sausage or snake, smooth and soft



### TYPE 5

Soft blobs with clear-cut edges, passes easily.



### TYPE 6

Fluffy pieces with ragged edges, a mushy stool.



### TYPE 7

Watery, no solid pieces

Based on the Bristol Stool Form Scale. Copyright 2000 © by Rome Foundation. All rights reserved.

This is a guide only. For medical advice or diagnosis see your doctor. Please share this document with your healthcare professional.

| Week of:         |         |           |         |
|------------------|---------|-----------|---------|
|                  | Morning | Afternoon | Evening |
| <b>Monday</b>    | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Tuesday</b>   | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Wednesday</b> | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Thursday</b>  | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Friday</b>    | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Saturday</b>  | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Sunday</b>    | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |

| Week of:         |         |           |         |
|------------------|---------|-----------|---------|
|                  | Morning | Afternoon | Evening |
| <b>Monday</b>    | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Tuesday</b>   | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Wednesday</b> | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Thursday</b>  | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Friday</b>    | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Saturday</b>  | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |
| <b>Sunday</b>    | Type:   | Type:     | Type:   |
| Comments:        |         |           |         |

Visit us online at [coloxyl.com.au](http://coloxyl.com.au) for more tools and resources.

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