

## Bowel questionnaire

This document is for your own purpose only. This will help you feel prepared for questions you might receive from the healthcare professional. The answers can hopefully facilitate the conversation and help you to remember what you would like to raise and discuss.

### Symptoms

My problems and symptoms are:

- Constipation
- Leakage (bowel accidents)
- Bloating
- Abdominal pain
- Feeling of that the bowel is not completely emptied
- Bleeding
- Other: \_\_\_\_\_

I have experienced these symptoms since \_\_\_\_\_ months or \_\_\_\_\_ year/s

I have sought help for this before

- No
- Yes

If yes, when \_\_\_\_\_ and where \_\_\_\_\_

Advice I got: \_\_\_\_\_

### Bowel emptying/toilet habits

I usually empty my bowel approximately \_\_\_\_\_ times/day or \_\_\_\_\_ times/week or other \_\_\_\_\_

I usually spend \_\_\_\_\_ min or \_\_\_\_\_ hours on a toilet visit

I need to pressure or assist with my fingers in order to empty the bowel

- No
- Yes Describe what you are doing to assist the emptying \_\_\_\_\_  
How often? \_\_\_\_\_

Any experience of bowel accidents?

- No
- Yes

If yes, how often?

\_\_\_\_\_

I am using an incontinence aid








- No
- Yes, what \_\_\_\_\_

I am taking laxatives, fiber intake or similar on a regular basis

- No
- Yes  
If yes, how often? \_\_\_\_\_ What? \_\_\_\_\_

According to the picture below, my stool usually looks like type \_\_\_\_\_

### Bristol Stool Chart

Type 1		Separated hard lumps, like nuts (hard to pass).
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.
Type 6		Fluffy pieces with ragged edges, a mushy stool.
Type 7		Watery, no solid pieces. Entirely liquid.

### Medications

Please write down if you take any medications

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### Medical history

Other diagnosis/diseases/symptoms or if you for example have had any surgical operation, childbirth, radiation therapy

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### Daily life

Describe how your bowel/stomach affects your daily life

*Examples: Always check for toilets before going somewhere, planning my day after toilet visits, staying home*

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### Other Comments

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