








After spinal cord injury, bowel function can be affected and you may require an individualised bowel care routine. Some pain medications can further impact upon bowel function for example, by causing constipation. When you are on such a medication, it may be helpful to keep a record of your bowel care routine and to monitor for any effects of the medication. * *The bowel chart below is a modified version of the form developed by the Clinical Nurse Specialists of the NSW Spinal Outreach Service, used with permission.*

Day 1-7	Pain Medications: - Type - Dose - Time taken	Oral medication: - Type - Dose - Time taken	Time of bowel care	Enema / Suppository - Yes/No - Type - How many	Manual removal or Digital Stim required? - Yes/No	Bowel Motion		B'fast / Dinner prior to bowel care (Yes/No)	Time spent on bowel care	Fluid intake	Other comments: Any accidents, complications, rectal bleeding etc
						Form (Bristol stool Scale)*	Size (S/M/L)**				
Example:	- Tramadol - 50mg	- Movicol - 1 sachet - 8pm night before	7:30am	- Yes - Microlax - 1	No	Type 3	M	Yes	30 mins	8 glasses of water	Nil
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

* **Bristol Stool Scale:** the form of a bowel motion (or "stool") is an indication of the length of time it takes to form and can be a good indicator of whether you have constipation. Refer to the next page for a copy of the Bristol Stool Chart for more information. You can also download a free BSS app <http://www.bristol-stool-scale.com/>

**S = Small M = Medium L = Large

Bristol Stool Chart

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 its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

NOTES:

The Bristol Stool Chart was developed by K. W. Heaton and S. J. Lewis at the University of Bristol and first published in the Scandinavian Journal of Gastroenterology in 1997.

Reference: Heaton, K W & Lewis, S J 1997, 'Stool form scale as a useful guide to intestinal transit time'. *Scandinavian Journal of Gastroenterology*, vol.32, no.9, pp.920 - 924.