








Poo Diary

Whānau/Family Information – Public Health Nursing Service

Complete the poo diary for 14 days, then take to child's doctor/nurse appointment:

1. When your child does a poo record the day and time.
2. Record the type of poo using the Bristol Stool Chart (if no poo, write 0; if forgot to record, write ?)
3. Record the size of poo (small, medium or large).
4. Record relevant comments (eg. tummy pain, pain when pooing, pushing hard, poos in underwear, or anything else).

Modified BRISTOL STOOL CHART

Type 1		Separate hard lumps, like pellets (hard to pass)
Type 2		Log shaped but lumpy
Type 3		Like a log but with cracks on the surface
Type 4		Like a log 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



Correct toilet position

- Sit on toilet
- Feet on stool
- Elbows on knees
- Back straight
- Push out your tummy



Poo Diary

[illegible]