

Bowel Symptom Checklist

Please check all the symptoms that describe your child. Add any notes you think will be helpful.

Diagnostic Criteria for Functional Constipation:

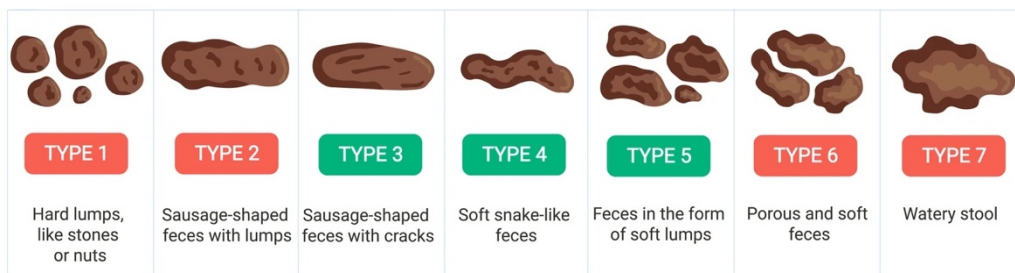
- At least one poop accident per week
- Less than 3 BMs in toilet every week
- History of withholding or posturing
- Painful or hard BMs
- Large/wide BMs that could clog the toilet

Red flags:

- Straining or avoiding pooping due to discomfort
- Frequent small BMs (could be very hard or very soft)
- Smears or streaks in underwear or pull-up
- Mixed consistency (some poop is very hard, some is very soft or liquid)
- Very narrow (pencil-width) poops
- Frequent belly pain/discomfort
- Unaware of need to poop
- Unaware of odor of BM
- Poop accidents while sleeping
- Stool leakage when passing gas
- BMs that are round rather than “log-shaped”

Yellow flags:

- Round/hard belly
- Foul smelling poops
- Excessive gas
- Low appetite
- Picky eater
- Many small pees per day
- History of urinary tract infections
- Itching/digging at rectum
- Difficult to clean after stooling or seems not to clean self well



Circle the stool types that most resemble your child's

Bowel Movement Record Chart

Use this form to keep track of your child's daily bowel movements and medication. See the bottom for a key.

	Example	Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
Bowel Movement 1 Time?	W, 4/18 8:15 AM S, 5, D							
Bowel Movement 2 Time?	11:45 AM L, 4, T, P							
Bowel Movement 3 Time?	7:00 PM L, 7, T, I							
Bowel Movement 4 Time?								
Smears/Leaks Y/N & #	Y, 2 times							
Medication Given? Y/N	Y							

Size:	Consistency:	Toilet or Diaper/Underpants?	Toilet Independence
Small – S Medium – M Large - L	See Bristol Stool Scale (#1-7)	Toilet – T Diaper/Underpants - D	I – Independent (learner went to toilet without being asked) P – Prompted (someone told the learner to go sit)