

# Bowel Symptom Checklist

## Diagnostic Criteria for Functional Constipation:

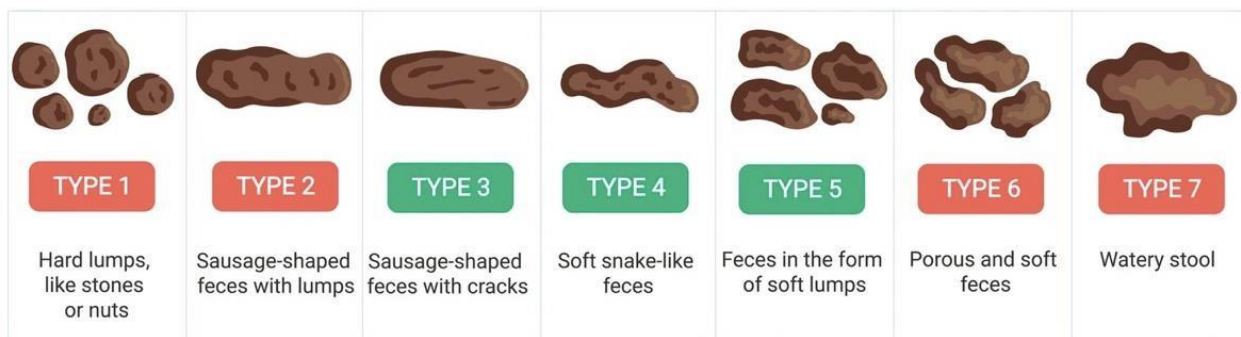
- ☐ At least one poop accident per week
- ☐ Less than 3 BMs in toilet every week
- ☐ History of withholding or posturing ☐ Painful or hard BMs

## 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
- ☐ Poop accidents while sleeping

## Yellow flags

- Round/hard belly
- Foul smelling poops
- Excessive gas
- Leakage when passing gas
- Low appetite
- Picky eater
- Many small pees per day
- History of urinary tract infections
- Itching/digging at rectum



**Circle the stool types that most resemble your child's**