

Bowel symptom diary



If you are worried about any changes in your bowel habit, this diary can help you to describe your symptoms when you see your GP. Make a note of any symptoms or pain when you go to the toilet, day and night, as well as details of what you eat and drink. See your GP within three weeks of noticing any change in your bowel habit.

If you have any bleeding from the opening of your back passage (anus) you should see your GP straight away.

Here is an example of what one day's entry in your diary might look like.

	Monday 5th October
Description of bowel movement	Loose poo x 3
Other symptoms	Small amount of blood on toilet paper. Tummy discomfort low down on left side. Feeling very tired.
Breakfast	Yoghurt, white toast, tea (large mug)
Lunch	Didn't feel hungry. Apple, water (2 glasses)
Evening meal	Spaghetti bolognese (ate half), wine (one glass)
Snacks and drinks (at other times)	small bag cashews, can diet drink, tea (2 cups), water (one glass)

My symptom diary

Week 1



	Date	Date	Date	Date	Date	Date	Date
Description of bowel movement							
Other symptoms							
Breakfast							
Lunch							
Evening meal							
Snacks (anytime)							

My symptom diary

Week 2



	Date	Date	Date	Date	Date	Date	Date
Description of bowel movement							
Other symptoms							
Breakfast							
Lunch							
Evening meal							
Snacks (anytime)							

My symptom diary

Week 3



	Date	Date	Date	Date	Date	Date	Date
Description of bowel movement							
Other symptoms							
Breakfast							
Lunch							
Evening meal							
Snacks (anytime)							