








IBD tracking your stool

You may be asked to describe what your stool (or poop) looks like. Use this chart to better describe the stool to your provider.

1		rabbit droppings	5		mashed potatoes
2		bunch of grapes	6		oatmeal
3		corn on cob	7		gravy
4		sausage			

date/ time	form <i>Write a number based on the chart above</i>	number of stools	was there blood? <i>yes/no</i>	urgency <i>How quickly did you have to go?</i>	details <i>Did it wake you up if you were sleeping?</i>

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