

## **Bowel Diary:**

Difficulty Getting Poop Out

## 3 Easy Steps!

- Take 3 days to complete the diary on the pages listed below (Days do NOT have to be consecutive)
- Schedule an appointment to review the results of your Bladder Diary
- 3) Create an action plan with your physical therapist to improve the quality of your life

Phone: (404)390-0255

Website: <a href="https://www.physicaltherapyatl.com/">https://www.physicaltherapyatl.com/</a> bookings-checkout/bladder-bowel-diary-review/

Time	Food & Drink	Trips to the Bathroom	Time to Void	Did you feel a strong urge to go?	Activity leading up to void
	- What Kind? - How Much?	- # of Trips? - How much urine?	- How much time?	- Y/N	
Example: 2-3PM	Example: - Soda: 12 oz can - Apples: 3	Example: - 1 trip, small amount	Example: - ~10 min	Example: - Yes	Example: - Reading

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