**Eliminations (Bristol stool chart)**

It is important to take note of the way the body is eliminating in order to gain a better understanding of the way the excretory pathways and organs of the body are working.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Bowels*** |  |  | **Day 1** | | **Day 2** | | **Day 3** | |
| ***Quality*** *eg. Floats, sinks, sticks to bowel, food particles, ease of passing, blood, gas.* | | | ***Stool type***  *Tick for frequency* | ***Colour***  ***Odour***  ***Quality*** | ***Stool type***  *Tick for frequency* | ***Colour***  ***Odour***  ***Quality*** | ***Stool type***  *Tick for frequency* | ***Colour***  ***Odour***  ***Quality*** |
|  | **1** | Small hard pellets |  |  |  |  |  |  |
|  | **2** | Lumpy sausage shape |  |  |  |  |  |  |
|  | **3** | Sausage shape with cracks in surface |  |  |  |  |  |  |
|  | **4** | Smooth soft sausage shape |  |  |  |  |  |  |
|  | **5** | Soft blobs with clear-cut edges |  |  |  |  |  |  |
|  | **6** | Fluffy/mushy with ragged edges |  |  |  |  |  |  |
|  | **7** | Watery, no solids |  |  |  |  |  |  |
|  | **8** | Mucous, greasy/pale appearance |  |  |  |  |  |  |
| **Comments:** | | | | | | | | |
|  | | | | | | | | |
|  | | | | | | | | |
| ***Urine***  ***Odour*** *eg. Sweet, Fruity, Strong, Ammonia, Pungent, Musty, Sulphur.*  ***Quality*** *eg. Clear, Cloudy, Foamy, Blood, Pus.* | | | **Day 1** | | **Day 2** | | **Day 3** | |
| ***Urine colour***  *Tick for frequency* | ***Odour***  ***&***  ***Quality*** | ***Urine colour***  *Tick for frequency* | ***Odour***  ***&***  ***Quality*** | ***Urine colour***  *Tick for frequency* | ***Odour***  ***&***  ***Quality*** |
|  | Pale | |  |  |  |  |  |  |
|  | Light yellow | |  |  |  |  |  |  |
|  | Bright yellow | |  |  |  |  |  |  |
|  | Dark yellow / orange | |  |  |  |  |  |  |
|  | Brown | |  |  |  |  |  |  |
| **Comments:** | | | | | | | | |