**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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***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:** |