



CIC SYMPTOM TRACKER

If you have Chronic Idiopathic Constipation (CIC), filling out this simple tracker may help when talking with your doctor and asking about the colon muscle connection. You can print as many copies as you need, **just remember to fill in the date!**







STARTING DATE (DD/MM):

SEE PAGE 2 FOR
THE BRISTOL STOOL
FORM SCALE (BSFS)*

DAY	BOWEL MOVEMENT		CONSISTENCY	FLUID AND FIBER INTAKE	TREATMENTS USED, IF ANY	SYMPTOMS EXPERIENCED
Monday	Yes	No	Did it feel complete? Yes No	Glasses of water 💧		
	If yes, what time(s)?		See BSFS* chart on page 2 (circle one) 1 2 3 4 5 6 7	Grams of fiber 🌿		
Tuesday	Yes	No	Did it feel complete? Yes No	Glasses of water 💧		
	If yes, what time(s)?		See BSFS* chart on page 2 (circle one) 1 2 3 4 5 6 7	Grams of fiber 🌿		
Wednesday	Yes	No	Did it feel complete? Yes No	Glasses of water 💧		
	If yes, what time(s)?		See BSFS* chart on page 2 (circle one) 1 2 3 4 5 6 7	Grams of fiber 🌿		
Thursday	Yes	No	Did it feel complete? Yes No	Glasses of water 💧		
	If yes, what time(s)?		See BSFS* chart on page 2 (circle one) 1 2 3 4 5 6 7	Grams of fiber 🌿		
Friday	Yes	No	Did it feel complete? Yes No	Glasses of water 💧		
	If yes, what time(s)?		See BSFS* chart on page 2 (circle one) 1 2 3 4 5 6 7	Grams of fiber 🌿		
Saturday	Yes	No	Did it feel complete? Yes No	Glasses of water 💧		
	If yes, what time(s)?		See BSFS* chart on page 2 (circle one) 1 2 3 4 5 6 7	Grams of fiber 🌿		
Sunday	Yes	No	Did it feel complete? Yes No	Glasses of water 💧		
	If yes, what time(s)?		See BSFS* chart on page 2 (circle one) 1 2 3 4 5 6 7	Grams of fiber 🌿		

Bristol Stool Form Scale (BSFS)*

The BSFS is a useful tool for evaluating bowel movements

Type 1		Separate hard lumps
Type 2		Lumpy and sausage-like
Type 3		A sausage shape with cracks on the surface
Type 4		Like a smooth, soft, sausage or a snake
Type 5		Soft blobs with clear-cut edges
Type 6		Mushy consistency with ragged edges
Type 7		Liquid consistency with no solid pieces

Adapted from Lacy BE, Mearin F, Chang L, et al. Gastroenterology. 2016; 150:1393-1407.

*BSFS refers to the Bristol Stool Form Scale, where 1 is hard, pellet-like stool (hard to pass) and 7 is entirely liquid (no solids). A smooth, soft stool is ~4.



This information is not intended to diagnose medical conditions or take the place of talking to a qualified healthcare provider about medical conditions or treatment options.