

Record of Diet & Fluid Intake and Bowels

Name:

D.O.B:

NHS No:

Week Beginning:

Date:	Breakfast	Lunch	Tea	Snacks	Evening
30.01.19 (Example)	7:00 1 small bowl with 1 weetabix and semi-skimmed milk 1 glass of orange juice	12:00 1 white bread sandwich (2 slices) with grated cheese, 8 grapes & Mars Bar 1 glass of coca cola	5:30 1 plate of spaghetti bolognaise with peas and ketchup 1 small bowl of Angel Delight. 1 glass of water	10:00 apple 3:30 sweets (small bag of Haribo)	7:30 chocolate digestive 1 glass of milk

Medication:	Bowels Open (add time)							Bowels open – location (add time)			Comments:
	Loose bowels	Small Soft	Med soft	Large soft	Small hard	Med hard	Large hard	Pad	Toilet	Pants	
Movicol 9am (Example)			10am			7pm		7pm	10am		Lots of wind

Date:	Breakfast	Lunch	Tea	Snacks	Evening

Medication:	Bowels Open (add time)							Bowels open – location (add time)			Comments:
	Loose bowels	Small Soft	Med soft	Large soft	Small hard	Med hard	Large hard	Pad	Toilet	Pants	

Date:	Breakfast	Lunch	Tea	Snacks	Evening

Medication:	Bowels Open (add time)							Bowels open – location (add time)			Comments:
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Medication:	Bowels Open (add time)							Bowels open – location (add time)			Comments:
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