

THE BRISTOL STOOL FORM SCALE

Type 1



Separate hard lumps,
like nuts (hard to pass)

Type 2



Sausage-shaped
but lumpy

Type 3



Like a sausage but with
cracks on its surface

Type 4



Like a sausage or snake,
smooth and soft

Type 5



Soft blobs with clear-cut
edges (passed easily)

Type 6



Fluffy pieces with ragged
edges, a mushy stool

Type 7



Watery, no solid pieces
ENTIRELY LIQUID

MOVICOL RECORD CHART

Adjusting the MOVICOL dose

Suggested dosing in adults and the elderly



Date treatment started _____

Day	Number of sachets taken	Bowel movement	
		Number	Type (Bristol Scale)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

- Use the Bristol Stool Form Scale on the reverse of this leaflet as your visual guide
- Type 3 or Type 4 on the Bristol Scale is what you should be aiming for
- If your motions continue to be watery, you should simply reduce the amount of MOVICOL you are taking
- If your stools are hard you may need to increase the dose

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