



Bowel Program reference chart for people with spinal cord injuries



This chart has been adapted from Bristol Stool Chart to add guidance for people trying to regulate their bowel programs. Plan on doing your bowel program consistently either every day at the same time or every other day at the same time. This is essential to have a healthy and consistent bowel program. The goal is to never get constipated because this can cause increased spasms, more reoccurring UTI's, low energies, negative mood swings, dehydration, increased nerve pain and abdominal pain.

Since it can be hard to state what is normal and what is abnormal, some health professionals use a scale to classify the type of stool passed. This helps assess how long the stool has spent in the bowel. Type 7 has spent the longest time in the bowel and type 1 the least time. A normal stool should be a type 3 or 4, and depending on the normal bowel habits of the individual, **should be passed once every one to three days.**

Disclaimer- these guidelines may cause bowel accidents, so it is recommended to wear a diaper until your bowel program is consistent. These are only guidelines everyone is a little different and it's important to learn how you can best support a healthy bowel program. These guidelines have not been evaluated by a healthcare professional just people living with SCI (:



Type of stool (type 1 shortest time in colon -type 7 longest time in colon)	Shape and density of stool	Medications to correct stool	Time of day to take medicines	Food and liquids
Type 7 	Separate hard lumps, like nuts (hard to pass) Constipation	Take 1-3 stool softeners or 1-3 magnesium citrate pills extra to soften the hard stool (or other laxatives) with senna 1 2x in the day. Or take 1 Prunelax 2x in the day. 1 magic bullet suppository during program.	Split pills between times. Morning program 12 noon and 6pm Evening program 6 am and 12 noon	Drink 4 extra 20 oz glasses of water. Eat fleshy fruits and vegetables and take Metamucil. Decrease or avoid dairy products, white potatoes, white bread, diuretics and bananas.
Type 6 	Sausage shaped but lumpy Constipation	Take 1-3 stool softeners or 1-3 magnesium citrate pills extra to soften the hard stool (or other laxatives) with senna 1 2x in the day. Or take 1 Prunelax 2x in the day 6 hours apart for a full clean out. 1 magic bullet suppository during program	Split pills between times. Morning program 12 noon and 6pm Evening program 6 am and 12 noon	Drink 4 extra 20 oz glasses of water. Eat fleshy fruits and vegetables take Metamucil. Decrease or avoid dairy products, white potatoes, white bread, diuretics and bananas.
Type 5 	Like a sausage but with cracks on the surface	Take the normal 1 Prunelax per day 6pm/12 noon. Or 1-2 stool softeners/ Magnesium citrate pill with 1 senna 2x per day. 1 magic bullet suppository during program. (Standard Doses)	Split pills between times. Morning program 12 noon and 6pm Evening program 6 am and 12 noon	Drink 2 extra 20 oz glasses of water. Eat fleshy fruits and vegetables take Metamucil. Decrease dairy products, white potatoes, white bread, diuretics and bananas.
Type 4 	Like a sausage or snake, smooth and soft	Perfect stool – Keep taking standard doses of medicines and 1 magic bullet suppository during program.	Split pills between times. Morning program 12 noon and 6pm Evening program 6 am and 12 noon	Always drink 8 – 20 oz glasses of water and eat a lot of vegetables or take Metamucil to continue a healthy stool.
Type 3 	Soft blobs with clear cut edges (passed easily)	Perfect stool – Keep taking standard doses of medicines and 1 magic bullet suppository during program.	Split pills between times. Morning program 12 noon and 6pm Evening program 6 am and 12 noon	Always drink 8 – 20 oz glasses of water and eat a lot of vegetables to continue a healthy stool.
Type 2 	Fluffy pieces with ragged edges, a mushy stool	Decrease stool softeners. Keep taking Prunelax or senna 1 time per day. 1 magic bullet suppository during program.	Split pills between times. Morning program 12 noon and 6pm Evening program 6 am and 12 noon	Eat some of the BRAT (Bananas, rice, apple sauce and toast) diet but mostly normal food.
Type 1 	Watery, no solid pieces entirely liquid	Skip all medicines for one day only. Continue to do Bowel program with 1 magic bullet suppository at scheduled time.		Eat BRAT diet for 24 hours only Bananas, rice, apple sauce and toast then return to regular diet.