

# COLON HEALTH - BOWEL CRITERIA

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

## CRITERIA TO MONITOR BOWEL HEALTH

1. Colon/Bowel Chart Type 1 to 7 (Healthy is Type 3 or 4).
2. Color of Bowel Movement (Mucus, Tan/Light Brown, Clay Colored, Medium Brown, Dark Brown, Black, Green, Bright Yellow, Visible Blood/Red).
3. Bowel Movement Length if it was in a straight line (Ex: 6", 8", 10", 12 inches).
4. Diameter (size of a dime, nickel, quarter, or half-dollar).
5. Bowel Movements Float or Sink (Varies).
6. Smell – Neutral (i.e., not overly unpleasant) or Strong odor.
7. Peristaltic Action Match Number of Daily Meals. Ex: 3 Meals Daily = 3 BMs Daily.

*A Healthy functioning Colon is indicated when yellow highlighted answers apply to you.*

**Instructions:** Record the above criteria on Bowel Monitoring Charts 1 & 2 for at least one week.

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