**Chart**

**Fluid**

**Balance/Stool**

Guidelines for use:

The fluid balance/stool chart should be completed accurately where possible. If unable to meas- ure input/output a best estimate should be made. Record all fluid intakes and output if the patient has diarrhoea. Diarrhoea is two or more episodes of watery or liquefied stool (type 5-7) within 24 hours. Record the number of episodes and the stool type as shown below

|  |  |
| --- | --- |
| **Type** | **Bristol Stool Chart** |
| 1 |  | Separate hard lumps, like nuts (hard to pass)Looks like**rabbit droppings** |
| 2 |  | Sausage-shaped but lumpyLooks like**bunch of grapes** |
| 3 |  | Like a sausage but with cracks on the surfaceLooks like**corn on cob** |
| 4 |  | Like a sausage or snake, smooth and softLooks like**sausage** |
| 5 |  | Soft blobs with clear-cut edgesLooks like**chicken nuggets** |
| 6 |  | Fluffy pieces with ragged edges, a mushy stoolLooks like**porridge** |
| 7 |  | Watery, no solid pieces. **Entirely Liquid**Looks like**gravy** |

|  |  |  |
| --- | --- | --- |
| **Resident:** | **Date:** |  |
|  | **Intake** | **Output** | **Bristol Stool type** |
| **Time** | **Oral/NG/PEG(ml)** | **SubcutaneousFluids (ml)** | **Urine/vomit (ml)** | **Bowels opened** | **1 - 7** | **Signature** |
| **00:00** |  |  |  |  |  |  |  |
| **01:00** |  |  |  |  |  |  |  |
| **02:00** |  |  |  |  |  |  |  |
| **03:00** |  |  |  |  |  |  |  |
| **04:00** |  |  |  |  |  |  |  |
| **05:00** |  |  |  |  |  |  |  |
| **06:00** |  |  |  |  |  |  |  |
| **07:00** |  |  |  |  |  |  |  |
| **08:00** |  |  |  |  |  |  |  |
| **09:00** |  |  |  |  |  |  |  |
| **10:00** |  |  |  |  |  |  |  |
| **11:00** |  |  |  |  |  |  |  |
| **12:00** |  |  |  |  |  |  |  |
| **Total 12hr intake =** |  | **Total 12 hr output =** |  |
| **13:00** |  |  |  |  |  |  |  |
| **14:00** |  |  |  |  |  |  |  |
| **15:00** |  |  |  |  |  |  |  |
| **16:00** |  |  |  |  |  |  |  |
| **17:00** |  |  |  |  |  |  |  |
| **18:00** |  |  |  |  |  |  |  |
| **19:00** |  |  |  |  |  |  |  |
| **20:00** |  |  |  |  |  |  |  |
| **21:00** |  |  |  |  |  |  |  |
| **22:0** |  |  |  |  |  |  |  |
| **23:00** |  |  |  |  |  |  |  |
| **24:00** |  |  |  |  |  |  |  |
| **Total 24hr Intake =** |  | **Total 24hr output =** |  |
| **Balance = +/-** | **Balance = +/-** |