

Date / time mm/dd hh:mm	Method: Peristeen / Laxatives / Other	Water (ml) / pumps (air)	Bristol type (1-7)	Accidents since last irrigation	Outcome 😊😐😞	Comments	Notes on diet	Irrigation duration (minutes)
3 / 12 10 : 35	Per / Lax / Other	700 / 3	4	None	😊	Good irrigation with no water leakage	Had a lot of fiber, nuts and seeds	25
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			
___/___ __:__	Per / Lax / Other	/			😐			

Date / time mm/dd hh:mm	Method: Peristeen / Laxatives / Other	Water (ml) / pumps (air)	Bristol type (1-7)	Accidents since last irrigation	Outcome 😊😐😞	Comments	Notes on diet	Irrigation duration (minutes)
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			

Date / time mm/dd hh:mm	Method: Peristeen / Laxatives / Other	Water (ml) / pumps (air)	Bristol type (1-7)	Accidents since last irrigation	Outcome 😊😐😞	Comments	Notes on diet	Irrigation duration (minutes)
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			

Date / time mm/dd hh:mm	Method: Peristeen / Laxatives / Other	Water (ml) / pumps (air)	Bristol type (1-7)	Accidents since last irrigation	Outcome 😊😐😞	Comments	Notes on diet	Irrigation duration (minutes)
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			
___/___ __:__	Per / Lax / Other	/			😊			