



STARTING THE CONVERSATION

Talking to your healthcare provider about your chronic idiopathic constipation (CIC) can be difficult or even embarrassing. But being prepared with the information you need for a productive conversation can help. Sharing your experiences and your CIC management goals is an important part of this discussion, so that together you can develop a treatment plan that works for you. Answer the following questions to help identify your goals for CIC treatment and get the conversation started.

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 surface.

TYPE 4



Like a sausage or snake, smooth & soft.

TYPE 5



Soft blobs with clear-cut edges.

TYPE 6



Fluffy pieces with ragged edges, a mushy stool.

TYPE 7



Watery, no solid pieces. Entirely liquid.

1. How long have you been dealing with constipation/CIC?

- 0–6 months
- 6–12 months
- 1–2 years
- 2–4 years
- 4+ years

2. Which of the following symptoms have you experienced? (Select all that apply.)

- Less than 3 bowel movements a week
- Hard to pass bowel movements
- Straining
- Bloating
- Never truly feeling empty after a bowel movement

3. Which Type best describes your stool if you don't take anything for your constipation/CIC?

- 1 2 3 4 5 6 7

4. What treatments have you tried or are currently using? (Select all that apply.)

Tried In Past

- Increased water consumption
- Diet/exercise
- Fiber supplements
- Probiotics
- Stool softeners
- Laxatives
- Prescription medications

Currently Using

- Increased water consumption
- Diet/exercise
- Fiber supplements
- Probiotics
- Stool softeners
- Laxatives
- Prescription medications

5. Which Type best describes your stool while taking your current treatment?

- 1 2 3 4 5 6 7

Adapted from Lewis SJ, Heaton KW. Scand J Gastroenterol. 1997;32(9):920-4.