

BOWEL EVALUATION DOCUMENT

Talking about bowel problems can feel difficult and embarrassing. This paper was designed to help you fill out your symptoms and bring with you to the doctors to make the conversation a little bit easier.

How long have you had these problems: _____

Have you had or do you have any of the following:

- | | | |
|---|---|---|
| <input type="checkbox"/> Spinal Cord Injury | <input type="checkbox"/> Multiple Sclerosis | <input type="checkbox"/> Rectal Cancer |
| <input type="checkbox"/> Parkinsons Disease | <input type="checkbox"/> Vaginal Childbirth | <input type="checkbox"/> IBS |
| <input type="checkbox"/> Crohn's Disease | <input type="checkbox"/> Ulcerative Colitis | <input type="checkbox"/> Connective Tissue Disorder |

Other: _____

I experience the following symptoms:








- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Blood when I wipe |
| <input type="checkbox"/> Stomach pain | <input type="checkbox"/> Bowel leakage | <input type="checkbox"/> Feeling like I can't get everything out |
| <input type="checkbox"/> Bloating | <input type="checkbox"/> Not making it to the toilet in time | <input type="checkbox"/> Needing to use my fingers to help remove the stool |
| <input type="checkbox"/> Excess gas | <input type="checkbox"/> Feeling a sudden and strong feeling to go without warning | <input type="checkbox"/> Needing to strain a lot when going to the toilet |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Streaks and stains in underwear | <input type="checkbox"/> Feeling a bulge outside my anus / like the rectum has come out (prolapse) |

Other:

The Bristol Stool Chart

Put an X in the box next to the type(s) that best describe you.

Mark here:

Type 1		Separate hard lumps, like nuts, which are hard to pass.	
Type 2		Sausage-shaped but lumpy.	
Type 3		Like a sausage, but with cracks in the surface.	
Type 4		Like a sausage, smooth and soft.	
Type 5		Soft blobs with clear cut edges.	
Type 6		Fluffy pieces with ragged edges, a mushy stool.	
Type 7		Watery with no solid pieces. Entirely liquid.	

Navina Bowel Care offers a wide range of innovative products for long-term bowel care, securing independence for people experiencing constipation, incomplete emptying or bowel leakage. Continuous use of Navina products can help secure regular bowel routines, which in turn contributes to an increased quality of life for the users.



Navina Irrigation System, an easy to use, high volume irrigation solution which prevents constipation and/or bowel leakage.



Navina Mini, an intuitive low-volume irrigation solution to prevent incomplete emptying and/or soiling.



Navina Insert, a soft silicone insert, engineered to prevent accidental bowel leakage for up to 24 hours.

At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric[®] and Navina[™]. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and services, please visit [Wellspect.com](https://www.wellspect.com).

Join the conversation on LinkedIn, Twitter, Facebook and Instagram.

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Navina[™]