

Have you or a loved one experienced any of these symptoms? If so, talk to your doctor.

By paying close attention to signs of bowel leakage, you can talk to your doctor or loved one before things get worse.

Whether you are a patient or a caregiver, this weekly easy-to-use checklist can help you identify the symptoms of bowel leakage (also called Bowel or Fecal Incontinence) to help guide your discussion and find a solution to improve your quality of life.

SYMPTOM TRACKER (WEEKLY)

Instructions: Fill in the date and number of times each symptom occurred for the week

DATE	Having an accident before getting to the bathroom	Passing stool during normal everyday activities	Passing fecal matter while passing gas	Not being able to hold in gas	Difficulty staying clean
WEEK 1 / /					
WEEK 2 / /					
WEEK 3 / /					
WEEK 4 / /					
WEEK 5 / /					
WEEK 6 / /					
WEEK 7 / /					
WEEK 8 / /					

Starting the Conversation

Bowel incontinence, also known as bowel control problems, is not a normal part of aging- it affects men and women of all ages, races and backgrounds. It is a medical condition that can be treated by a doctor.

Starting a conversation about a personal condition can be uncomfortable, but it is important to know you are not alone. There are treatment options available.

HERE ARE SOME SUGGESTIONS TO GET THE CONVERSATION STARTED.

1. **Be honest and direct.** “I’m having some difficulty controlling accidents.”
2. **Discuss any previous therapies, medications, or products you have tried, to manage bowel incontinence.**
3. **Talk about how this condition has affected your life. Share this with your doctor.**
 - **How long have you been having accidents?**
 - **How often do you have accidents?**
(e.g. 2 years; every 3 days)
 - **Describe your feelings after having an accident**
(e.g. frustration, sadness, embarrassment)
 - **How have bowel control problems affected your social or family life?**
(e.g. travel and time with loved ones)
 - **How have bowel control problems affected your work life?**
(e.g. had to call in sick, missed meetings)

For more information on bowel incontinence, the treatment options available or to find a specialist near you, please visit [MySolesta.com](https://www.MySolesta.com)