A person holding her stomach

Description automatically generated with medium confidence

Stool is Considered Output

Stool is considered output. However, for obvious reasons, it is estimated as a small, medium, or large amount. You will also want to note the consistency, for example, if the stool is hard, soft, or loose. A final consideration when measuring stool is to note how many stools your loved one or client has in a 24-hour period.

Size, Consistency, and Color of Stool

Depending on your loved one or client’s diagnosis and nutritional status, the doctor may ask that you keep track of all intake and output. Understanding these measurements can be immensely useful when communicating with the doctor and the rest of the healthcare team. In these section two resources are introduced that you might find useful when measuring the size, consistency, and color of stool.