**Supplement**

**Table S1: Bristol Stool Scale**

|  |  |
| --- | --- |
| Score | Description |
| 1 | Separate hard lumps, like nuts |
| 2 | Sausage-shaped but lumpy |
| 3 | Like a sausage but with cracks on the surface |
| 4 | Like a sausage or snake, smooth and soft |
| 5 | Soft blobs with clear-cut edges |
| 6 | Fluffy pieces with ragged edges, a mushy stool |
| 7 | Watery, no solid pieces, entirely liquid |

A visual representation of this was shown to the patients