

Bristol Stool chart

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 its surface

Type 4



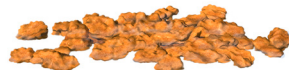
Like a sausage or snake,
smooth and soft

Type 5



Soft blobs with clear-cut
edges (passed easily)

Type 6



Fluffy pieces with ragged
edges, a mushy stool

Type 7



Watery, no solid pieces.
ENTIRELY LIQUID

We would advise you aim for types 3, 4 and 5.

Adapted from The Bristol Stool Scale (Heaton et al 1992)