

BRISTOL STOOL CHART



Type 1 Separate hard lumps

SEVERE CONSTIPATION



Type 2 Lumpy and sausage like

MILD CONSTIPATION



Type 3 A sausage shape with cracks in the surface

NORMAL



Type 4 Like a smooth, soft sausage or snake

NORMAL



Type 5 Soft blobs with clear-cut edges

LACKING FIBRE



Type 6 Mushy consistency with ragged edges

MILD DIARRHEA



Type 7 Liquid consistency with no solid pieces

SEVERE DIARRHEA