

# Have a nice poop.

## TRACK YOUR HEALTH WITH THE BRISTOL STOOL SCALE



1 Separate hard lumps, like nuts (hard to pass)



2 Sausage-shaped but lumpy



3 Like a sausage but with cracks on its surface



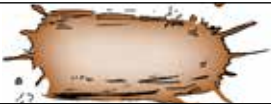
4 Like a sausage or snake, smooth and soft



5 Soft blobs with clear-cut edges (passes easily)



6 Fluffy pieces with ragged edges, a mushy stool



7 Watery, no solid pieces (entirely liquid)

**The Bristol Stool Scale (BSS)** is a standard medical tool designed to classify stool (a.k.a. poop) into 7 groups. The type of stool depends on the time it spends in the colon. What you see in the toilet bowl is basically the result of your diet, fluids, medications lifestyle and general state of health.

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