



Bristol Stool Chart

The Bristol Stool Chart is used to help track your bowel movements. It was created in 1997 by Dr. Ken Heaton. This chart helps you understand your bowel movements better so you can take charge of your gut health. This chart is not medical advice. Always check with your healthcare practitioner if you're concerned about your bowel health.



TYPE 1

Constipation: Separate hard lumps, hard to pass. Looks like rabbit droppings.



TYPE 2

Constipation: Sausage-shaped, lumpy, uncomfortable to pass. Looks like grapes.



TYPE 3

Optimal: Like a sausage, with cracks on its surface. Looks like a sausage.



TYPE 4

Optimal: Like a sausage or snake, smooth and soft. Looks like corn on the cob.



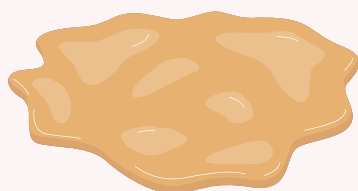
TYPE 5

Borderline Optimal—Need More Fiber/Precursor to Diarrhea: Soft blobs with clear-cut edges, passes easily. Looks like chicken nuggets.



TYPE 6

Inflammation/Diarrhea: Fluffy pieces with ragged edges, a liquid-y, mushy-stool. Looks like oatmeal.



TYPE 7

Inflammation/Diarrhea: Watery stool, virtually no solid pieces, entirely liquid. Looks like soup or a sauce.