








Bristol Stool Chart

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|--------|---|---|
| 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 the surface |
| Type 4 |  | Like a sausage or snake, smooth and soft |
| Type 5 |  | Soft blobs with clear-cut edges |
| Type 6 |  | Fluffy pieces with ragged edges, a mushy stool |
| Type 7 |  | Watery, no solid pieces. Entirely Liquid |

Type 1: Separate hard lumps, link nuts (hard to pass) constipation – *abnormal*

Type 2: Sausage shaped and lumpy (hard to pass) constipation – *abnormal*

Type 3: Like a sausage with cracks on the surface leaning toward constipation – *abnormal*

Type 4: Like a sausage or snake, smooth and soft, may have a curve – easy to pass and is *normal*

Type 5: Soft blobs with clear cut edges – considered a *normal* variant

Type 6: Fluffy pieces with ragged edges, a mushy *borderline abnormal* stool leaning toward diarrhea

Type 7: Watery, no solid pieces – entirely liquid – *abnormal*

Adapted from the Bristol Stool Chart

See original article search for Taking the Taboo out of poo