

BRISTOL STOOL CHART



Type 1 Separate hard lumps

Very constipated



Type 2 Lumpy and sausage like

Slightly constipated



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

Inflammation



Type 7 Liquid consistency with no solid pieces

Inflammation