

## 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**