








BRISTOL STOOL CHART¹

Note for healthcare professionals: An ideal stool is represented by type 3 or 4.

CONSTIPATION		➤	Type 1	➤	Separate hard lumps
		➤	Type 2	➤	Lumpy and sausage like
IDEAL STOOLS		➤	Type 3	➤	A sausage shape with cracks in the surface
		➤	Type 4	➤	Like a smooth, soft sausage or snake
DIARRHOEA		➤	Type 5	➤	Soft blobs with clear-cut edges
		➤	Type 6	➤	Mushy consistency with ragged edges
		➤	Type 7	➤	Liquid consistency with no solid pieces

Adapted from: 1. Lewis S, Heaton K. Stool Form Scale as a Useful Guide to Intestinal Transit Time. Scandinavian Journal of Gastroenterology. 1997;32(9):920-924.