

Bristol Stool Chart

Use the Bristol Stool Chart to help determine the persons intestinal health.

The consistency of stool depends on how long it has spent in the colon. The longer it spends ‘in transit’, the more liquid is absorbed by the colon.

The chart below is a general guide.

- **Types 1 and 2** indicate constipation
- **Types 3 and 4** are the easiest to pass
- **Types 5 and 6** may indicate diarrhoea
- **Type 7** may be a sign of illness, for example, food poisoning

Type 1		Separate hard lumps like nuts (hard to pass)	Type 5		Soft blobs with clear cut edges (passed easily)
Type 2		Sausage-shaped but lumpy	Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 3		Like a sausage but with cracks on its surface	Type 7		Watery, no solid pieces, entirely liquid
Type 4		Like a sausage or a snake, smooth and soft			