








# Bristol Stool Chart

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

<http://www.continence.org.au/pages/bristol-stool-chart.html>

Reference: Heaton, K W & Lewis, S J 1997, 'Stool form scale as a useful guide to intestinal transit time'. *Scandinavian Journal of Gastroenterology*, vol.32, no.9, pp.920 - 924. Retrieved on 2/3/2007.

Approved for posting on 7/1/2016

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