








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, ideal
Type 4		Like a smooth, soft sausage Normal, ideal
Type 5		Soft blobs with clear-cut edges Urgency, may lack fiber
Type 6		Mushy consistency with ragged edges Inflammation, diarrhea
Type 7		Liquid consistency with no solid pieces Inflammation, diarrhea