

BRISTOL STOOL CHART



TYPE 1 - SEVERE CONSTIPATION

Separate, hard lumps



TYPE 2 - MILD CONSTIPATION

Lumpy and sausage like



TYPE 3 - NORMAL

A sausage-shape with cracks in the surface



TYPE 4 - NORMAL

Like a smooth, soft sausage or snake



TYPE 5 - LACKING FIBER

Soft blobs with clear-cut edges



TYPE 6 - MILD DIARRHEA

Mushy consistency with ragged edges



TYPE 7 - SEVERE DIARRHEA

Liquid consistency with no solid pieces