








# Bristol Stool Chart

Type 1		Seperate hard lumps (Very constipated)
Type 2		Lumpy and sausage like (Slightly constipated)
Type 3		A sausage shape with cracks in the surface (Normal)
Type 4		Like a smooth, soft sausage or snake (Normal)
Type 5		Soft blobs with clear-cut edges (Lacking fibre)
Type 6		Mushy consistency with ragged edges (Inflammation)
Type 7		Liquid consistency with no solid pieces (Inflammation and diarrhea)