








BRISTOL STOOL CHART

The Bristol Stool Chart is a medical tool used for classifying bowel movements into seven distinct categories. The Bristol stool chart can be easily used in the privacy of your own home to evaluate bowel movements and give an insight into your health. The chart is also a useful tool for noting sudden changes in your digestive habits and determining if your colon is functioning normally.

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

INTERPRETATION

There is a direct correlation between the form and consistency of a bowel motion and the amount of time it has spent in the colon.

Type 1-2 - indicate constipation

Type 3-4 - are ideal stools and are easier to pass

Type 5-7 - indicate diarrhoea and urgency

Your bowel motions are an important indication of your diet, fluid intake, lifestyle, medications and digestive health. Importantly any changes in your bowel motions and any blood you see in your bowel motions should be investigated further.