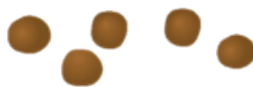


Bristol Stool Chart

The Bristol Stool Chart is an easy way to monitor bowel movements. Many people do not want to discuss their bodily waste, and it is much less embarrassing to say they had a "Type 4" or "Type 3." This eliminates going into the details about their bowel movement. Stool types 1, 2 and 3 may be difficult to pass. Stool types 4 and 5 are normal. Stool type 6 is borderline normal. Stool type 7 is diarrhea or a too liquid stool.

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 its surface



Type 4

Like a sausage or snake, smooth and soft



Type 5

Soft blobs with clear-cut edges (passed easily)



Type 6

Fluffy pieces with ragged edges, a mushy stool



Type 7

Watery, no solid pieces, entirely liquid



The Bristol Stool Chart was developed by K. W. Heaton and S. J. Lewis at the University of Bristol and first published in the *Scandinavian Journal of Gastroenterology* in 1997.