








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 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

Bristol Stool Form Scale

» Type 1: Separate hard lumps, like nuts

This type is a sure sign you are constipated Typical for post-antibiotic treatments and for people attempting fiber-free (low-carb) diets.

» Type 2: Sausage-like but lumpy

This is a sign of toxic constipation. Represents a combination of Type 1 stools impacted into a single mass and lumped together by fiber components and some bacteria. This type leads to hemorrhoids. To attain this form, the stools must be in the colon for at least a week, maybe more, instead of the normal 72 hours. This person is in need of intestinal cleansing

» Type 3: Like a sausage but with cracks in the surface (Normal)

» Type 4: Like a sausage or snake, smooth and soft (Normal)

This form is normal for someone defecating 1-3 times a day after meals.

» Type 5: Soft blobs with clear-cut edges (Borderline Normal)

If they are too soft it may indicate you ate something that irritated you bowel.

» Type 6: Fluffy pieces with ragged edges, a mushy stool

This indicates some toxins in the colon. Can be the result of laxatives or too much magnesium. Make changes in your diet to get it back to normal.

» Type 7: Watery, no solid pieces

This, of course, is diarrhea, passing through the colon quickly. You may have a viral or bacterial infection. Check with your doctor if it continues.

Changes in your stool are common and are generally not significant if the changes are noted from one stool to the next and are not persistent. However, changes in the color and texture of stool can also be caused by a number of minor to serious medical conditions and can occur with certain medications. Changes in stool that are persistent and occur regularly may signal the presence of a medical condition and should be evaluated.