

## BRISTOL STOOL CHART

TYPE 1



**Severe constipation**

Separate hard lumps

TYPE 2



**Mild constipation**

Lumpy and sausage like

TYPE 3



**Ideal**

Sausage shape with cracks

TYPE 4



**Ideal**

Smooth, soft sausage

TYPE 5



**Lacking fiber**

Soft blob with clear edges

TYPE 6



**Mild diarrhea**

Mushy consistency

TYPE 7



**Severe diarrhea**

Liquid consistency