THE BRISTOL STOOL SCALE

Whole Lifecycle NUTRITION

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	

Type 1-2 indicate constipation,
Type 3-4 are ideal stools as they are easier to pass
Type 5-7 may indicate diarrhea and urgency.

Scandinavian Journal of Gastroenterology/University of Bristol: "Bristol Stool Scale."

whole lifecycle

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