The Bristol Stool Chart

Seven types of poop, and what each one suggests about how fast things are moving.

TYPE		WHAT IT LOOKS LIKE	WHAT IT SUGGESTS
1		Separate hard lumps, like nuts. Hard to pass.	**Constipation**
2		Sausage-shaped but lumpy.	**Mild constipation**
3		Sausage-shaped with cracks on the surface.	**Healthy**
4		Smooth, soft, sausage or snake-like.	**Healthy, often called ideal**
5		Soft blobs with clear-cut edges.	**Moving fast; may be normal for you**
6		Fluffy, mushy pieces with ragged edges.	**Mild diarrhoea**
7		Entirely liquid, no solid pieces.	**Diarrhoea**

One unusual day means very little. What matters is what is normal for you, and any change that lasts.

Based on the Bristol Stool Form Scale (Lewis & Heaton, 1997). General information, not medical advice. See a doctor about blood in your stool, black stools, unexplained weight loss, or a change in your bowel habit that lasts.

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My week

Week starting: _____ Write down each visit, then bring this to your appointment.

DAY	TIME	TYPE (1–7)	PAIN OR STRAINING?	FOOD, DRINK, MEDICINE, NOTES
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

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