








Bristol Stool Chart*

<p>Type 1</p>		<p>Separate hard lumps, like nuts – Hard to pass</p>
<p>Type 2</p>		<p>Sausage-shaped but lumpy</p>
<p>Type 3</p>		<p>Like a sausage but with cracks on the surface</p>
<p>Type 4</p>		<p>Like a sausage or snake, smooth and soft</p>
<p>Type 5</p>		<p>Soft blobs with clear-cut edges</p>
<p>Type 6</p>		<p>Fluffy pieces with ragged edges – a mushy stool</p>
<p>Type 7</p>		<p>Water, no solid pieces- All liquid</p>

*Adapted from (a) Lewis, S., & Heaton, K. (1997). Stool Form Scale as a useful guide to intestinal transit time. *Scandinavian JI of Gastroenterology*, 32, 920-924. (b) O'Donnell, L., Virjee, J., & Heaton, K. (1990). Detection of pseudodiarrhea by simple clinical assessment of intestinal transit rate. *British Medical JI*, 300, 439-440.