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Bristol Stool Chart

What is the Bristol Stool Chart?

The Bristol Stool Chart is an assessment tool designed to classify the consistency or form of the stool. The scale is widely used in practice and has a strong research base.








Why should the Bristol Stool Chart be used?

Stool consistency (i.e. stool form) is an important factor to consider in assessing bowel function. By referring to the Bristol Stool Form Scale, you will obtain more accurate assessment information than through other methods of evaluation.

What is a normal stool?

If the person has types 1 and 2 stools, this indicates constipation. Types 3 and 4 are considered 'normal stools' and types 5–7 denote looser stools or diarrhoea. The most ideal stool type is type 4 as this is the easiest to pass.

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