

Bristol Stool Chart



Type 1: Severe constipation
Separate hard lumps



Type 2: Mild constipation
Lumpy and sausage-like



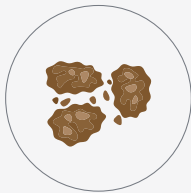
Type 3: Normal
A sausage shape with
cracks in the surface



Type 4: Normal
Like a smooth,
soft sausage or snake



Type 5: Lacking fiber
Soft blobs with
clear-cut edges



Type 6: Mild diarrhea
Mushy consistency
with ragged edges



Type 7: Severe diarrhea
Liquid consistency with
no solid pieces