



Bristol Stool Chart

The seven types of the Bristol Stool Form Scale, from hard to liquid



Type 1

Separate hard lumps, like nuts

Hard to pass. The stool stayed in the gut for a long time.

Constipation



Type 2

Sausage shaped, but lumpy

Firm and lumpy, often with straining.

Mild constipation



Type 3

Like a sausage with cracks on the surface

Well formed, maybe a little dry.

Normal



Type 4

Like a smooth, soft sausage or snake

Soft, smooth and easy to pass.

Ideal



Type 5

Soft blobs with clear cut edges

Passed easily, on the soft side.

Normal to soft



Type 6

Fluffy, mushy pieces with ragged edges

Things moved through quickly.

Mild diarrhea



Type 7

Watery, no solid pieces

Entirely liquid.

Diarrhea

Types 1 and 2 point toward constipation

Types 3 to 5 the comfortable middle, 3 and 4 are ideal

Types 6 and 7 point toward diarrhea

General information, not medical advice. One unusual day says little, patterns over weeks matter. See a doctor if you see blood, black or pale stool, lose weight without trying, or your bowel habits change and stay changed for 3 weeks or more. In an emergency call your local emergency number.

Scale after Lewis SJ and Heaton KW, Scand J Gastroenterol 1997. Illustrations from the Tummi app. More at tummiapp.web.app/guides/bristol-stool-chart