








BRISTOL STOOL CHART

Developed by Dr Ken Heaton at the University of Bristol.
Use this chart to monitor the health of your lower digestive function.
The ideal is Type 3 or Type 4 (especially Type 4).
Contact me if you would like to see improvements in your digestion

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