

THE BRISTOL STOOL CHART

TYPE	1		Separate hard lumps, like nuts	Severe constipation
TYPE	2		Lumpy and sausage like	Mild constipation
TYPE	3		A sausage shape with cracks in the surface	Normal
TYPE	4		Like a smooth, soft sausage or snake	Normal
TYPE	5		Soft blobs with clear-cut edges	Lacking fiber
TYPE	6		Mushy consistency with ragged edges	Mild Diarrhea
TYPE	7		Liquid consistency with no solid pieces	Severe Diarrhea