



# Bristol Stool Chart

Since it can be hard to state what is normal and what is abnormal, some health professionals use a scale to classify the type of stool passed. This helps assess how long the stool has spent in the bowel.

Type 1 has spent the longest time in the bowel and type 7 the least time. A normal stool should be a type 3 or 4, and depending on the normal bowel habits of the individual, should be passed once every one to three days.








<b>Type 1</b>		<b>Separate hard lumps, like nuts (hard to pass)</b>
<b>Type 2</b>		<b>Sausage shaped but lumpy</b>
<b>Type 3</b>		<b>Like a sausage but with cracks on the surface</b>
<b>Type 4</b>		<b>Like a sausage or snake, smooth and soft</b>
<b>Type 5</b>		<b>Soft blobs with clear cut edges (passed easily)</b>
<b>Type 6</b>		<b>Fluffy pieces with ragged edges, a mushy stool</b>
<b>Type 7</b>		<b>Watery, no solid pieces, entirely liquid</b>

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[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

**Email:** [help@bladderandbowelfoundation.org](mailto:help@bladderandbowelfoundation.org) | Telephone: 01926 357220

Registered office address: Pegasus House, Solihull Business Park, Solihull, West Midlands, United Kingdom, B90 4GT. Company number: 10377236. Registered in the UK