

THE BRISTOL STOOL FORM SCALE

Type 1



Separate hard lumps, like nuts

Type 2



Sausage-like but lumpy

Type 3



Like a sausage but with cracks in the surface

Type 4



Like a sausage or snake, smooth and soft

Type 5



Soft blobs with clear-cut edges

Type 6



Fluffy pieces with ragged edges, a mushy stool

Type 7



Watery, no solid pieces