

## THE BRISTOL STOOL FORM SCALE



Type 1		Separate hard lumps
Type 2		Sausage-like but lumpy
Type 3		Sausage-like but with cracks in the surface
Type 4		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

Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol.* 1997;32:920. Reprinted by permission of the publisher, Taylor & Francis Ltd.