

# BRISTOL CHART

FOR TRACKING BOWEL MOVEMENTS

TYPE

1



Separate, hard lumps, difficult to pass  
(SEVERE CONSTIPATION)

TYPE

2



Sausage shaped, very bumpy  
CONSTIPATION

TYPE

3



Sausage shaped with surface cracks  
HEALTHY STOOL

TYPE

4



Sausage shaped, smooth and soft  
HEALTHY STOOL

TYPE

5



Soft blobs with clear edges, easy to pass  
LOOSE STOOL

TYPE

6



Fluffy, ragged edges, mushy  
VERY LOOSE STOOL

TYPE

7



Watery, no solid pieces, entirely liquid  
DIARRHEA