








# Bristol Stool Form Scale

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

Lewis S, Heaton K (September 1997). "Stool form scale as a useful guide to intestinal transit time". Scand J Gastroenterol. 32 (9): 920-4. doi:[10.3109/00365529709011203](https://doi.org/10.3109/00365529709011203). PMID [9299672](https://pubmed.ncbi.nlm.nih.gov/9299672/). S2CID [32196954](https://pubmed.ncbi.nlm.nih.gov/32196954/)