

# Bristol Stool Chart

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## Type 1

*Small balls or pellets*



**Very constipated**

## Type 2

*Lumpy pieces*



**Slightly constipated**

## Type 3

*Sausage-shaped*



**Healthy / Optimal**

## Type 4

*Snake-like, smooth*



**Healthy / Optimal**

## Type 5

*Soft, loose blobs*



**Mild diarrhea**

## Type 6

*Very loose*



**Moderate diarrhea**

## Type 7

*Liquidy*



**Severe diarrhea**