Bristol stool chart

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1		**Type 1: Separate hard lumps** Separate hard lumps, like nuts, that can be hard to pass.	HARDER
2		**Type 2: Lumpy sausage** Sausage-shaped, but lumpy.	HARDER
3		**Type 3: Sausage with cracks** Like a sausage, with cracks on the surface.	HEALTHY RANGE
4		**Type 4: Smooth and soft** Like a sausage or snake, smooth and soft.	HEALTHY RANGE
5		**Type 5: Soft blobs** Soft blobs with clear-cut edges, passed easily.	HEALTHY RANGE
6		**Type 6: Mushy, ragged edges** Fluffy, mushy pieces with ragged edges.	LOOSER
7		**Type 7: Watery** Watery, with no solid pieces.	LOOSER

Types 3 and 4 are usually described as ideal. Types 1 and 2 point to constipation, and 6 and 7 to diarrhoea. See your GP about new or changing symptoms, and urgently if you're bleeding from your bottom or your poo is black or dark red.

Based on the Bristol Stool Form Scale (Lewis and Heaton, 1997). Illustrations by MellowGut. Free to print and share. Not a diagnosis.