








Bristol Stool Scale

Information for Healthcare Professionals

The Bristol Stool Scale is an easy visual scale for patients, which classifies their bowel movements and helps bowel problems.

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

Information for Health Care Professionals. Not for distribution to patients.
Produced by Yakult UK Ltd. 'Courtesy of The Bristol Scale (ref: BMJ, 1990)'