








Bristol Stool Chart



www.littlepuddins.ie / Amanda Mc Guinness

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

If a poo does not look like type 3 or type 4 it could be constipation.
Contact the GP surgery of the person you are caring for.