



BRISTOL STOOL CHART

Severe Constipation	Type 1		Separate hard lumps
Mild Constipation	Type 2		Sausage-shaped but lumpy
Normal	Type 3		Sausage-shaped with cracks on the surface
Normal	Type 4		Looks smooth and soft
Lack of Fiber	Type 5		Soft blobs with clear cut edges
Mild Diarrhea	Type 6		Mushy, fluffy pieces with ragged edges
Severe Diarrhea	Type 7		Liquid consistency with no solid pieces



 www.gh-foundation.com

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 info@gh-foundation.com