FACTSHEET

destigmatizing GASTRO HEALTH conversations



FOUNDATION

BRISTOL STOOL CHART

Severe Constipation	Type 1		Separate hard lumps	
Mild Constipation	Type 2	2.7.	Sausage-shaped but lumpy	
Normal	Type 3	2.7	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	9.0	Mushy, fluffy pieces with ragged edges	
Severe Diarrhea	Type 7		Liquid consistency with no solid pieces	
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DISCLAIMER: Content is intended for general informational purposes only and is not intended as professional medical advice by GH Foundation.