

The Bristol Stool Form Scale

Type 1



Separate hard lumps, like nuts

Type 2



Sausage-like but lumpy

Type 3



Like a sausage but with cracks in the surface

Type 4



Like sausage or snake, smooth and soft

Type 5



Soft blobs with clear-cut edges

Type 6



Fluffy pieces with ragged edges, a mushy stool

Type 7



Watery, no solid pieces



The Bristol Stool Form Scale was developed at the University of Bristol, UK. It is a recognised, general measure of stool consistency or form. Use this scale to identify patterns or changes in bowel habit. Please note this is only a guide and should not be used as an exact measure.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional.