

## BRISTOL STOOL FORM SCALE\*

WHICH NUMBER BEST DESCRIBES YOUR BOWEL MOVEMENTS?

1



Separate hard lumps, like nuts.

2



Sausage-shaped but lumpy.

3



Like a sausage or snake but with cracks on the surface.

4



Like a sausage or snake, smooth and soft.

5



Soft blobs with clear-cut edges.

6



Fluffy pieces with ragged edges, a mushy stool.

7



Watery, no solid pieces.

CONSTIPATION

IDEAL CONSISTENCY

DIARRHEA