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

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