

Bristol stool chart

Seven types, from hard lumps to watery. Pick the closest match, not a perfect one.

Log For Your Log
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● Type 1	Separate hard lumps, like nuts. Hard to pass.	Constipated end of the scale.
● Type 2	Sausage shaped but lumpy.	Still on the constipated side.
● Type 3	Like a sausage with cracks on the surface.	Comfortable range, a little firm.
● Type 4	Smooth and soft, like a sausage or snake.	Comfortable range. Easy to pass.
● Type 5	Soft blobs with clear edges. Passed easily.	On the loose side.
● Type 6	Fluffy, mushy pieces with ragged edges.	Loose. Mild diarrhea territory.
● Type 7	Watery, with no solid pieces.	Diarrhea.

● Types 1 and 2: constipation ● Types 3 and 4: healthy, easy to pass ● Types 5 to 7: diarrhea or urgency

How to use it

- Log the type right after you go, with the time.
- Add a word of context: meals, water, sleep, stress.
- Look at two weeks, not one day. Most people sit at type 3 or 4 most of the time.
- Bring the log to appointments.

Talk to a doctor if you notice

- Blood in your poo, or black, tarry poo
- Pale, clay colored or white poo
- Losing weight without trying
- Severe or ongoing tummy pain
- A change from your usual pattern lasting more than a few weeks
- Diarrhea with dizziness or very little urine

Two week food and symptom diary

One line per bowel movement or symptom. Rate symptoms 0 (none) to 10 (worst).

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[illegible]

Two lines per day for two weeks. Use more sheets if you need them. Example line: Tue 14 · 8:10 · 4 · brown · oat porridge, coffee · bloating 2 · slept badly

General information, not medical advice. If you notice any warning sign from page 1, talk to a doctor rather than waiting for the sheet to fill.

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