

The Bristol Stool Scale

Type #1



Hard, separated lumps. Like pebbles. Hard to pass
Meaning: Constipation

Type #2



Lumpy. Resembling a nut covered candy bar
Meaning: Constipation

Type #3



Compact banana shape with cracks on surface
Meaning: Healthy GI Tract

Type #4



Long banana shape. Smooth and soft
Meaning: Ideal. Healthy GI Tract

Type #5



Soft blobs with distinct edges or borders
Meaning: Less substance. More liquid. Urgency

Type #6



Fluffy pieces with ragged edges. Mushy
Meaning: Diarrhea. Urgency

Type #7



Watery. No solid pieces. Completely liquid
Meaning: Full blown diarrhea. Urgency to expel

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