## The Bristol stool form scale

Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7
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Separate hard lumps, like nuts (hard to pass)	Sausage- shaped but lumpy	Like a sausage but with cracks on its surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges (passed easily)	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces, entirely liquid

Lewis SJ, Heaton KW (1997). "Stool form scale as a useful guide to intestinal transit time". Scand. J. Gastroenterol. 32 (9): 920–4