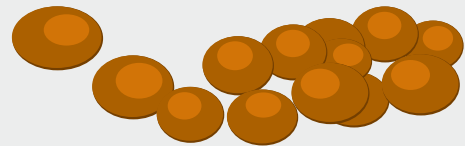


## BRISTOL STOOL SCALE

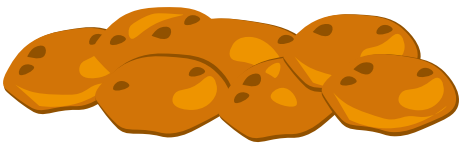
This scale is a diagnostic medical tool to classify the form of human faeces. It uses seven categories with passage time from type 1 to type 7 decreasing.

Types 1 and 2 indicate constipation, 3 and 4 are ideal forms and 5, 6 and 7 are tending towards diarrhoea.



**Type 1**

Separate hard lumps, like nuts (hard to pass); also known as goat faeces



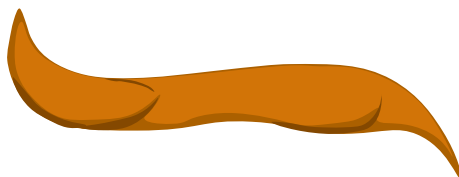
**Type 2**

Sausage-shaped, but lumpy



**Type 3**

Like a sausage but with cracks on its surface



**Type 4**

Like a sausage or snake, smooth and soft



**Type 5**

Soft blobs with clear cut edges (passed easily)



**Type 6**

Fluffy pieces with ragged edges, a mushy stool



**Type 7**

Watery, no solid pieces, entirely liquid

Sources:

- 1) S. J. Lewis & K. W. Heaton, Stool Form Scale as a Useful Guide to Intestinal Transit Time, Scandinavian Journal of Gastroenterology Vol. 32, Iss. 9, 1997; DOI: 10.3109/00365529709011203
- 2) Illustration: Michael Zechmann / panthera.cc

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