

Bristol Stool Form Scale- the importance of Stool Form

The Bristol Stool Form is a visual representation of the 7 different types of Bowel Movements that you can have, with a well formed bowel movement between Type 3 and Type 5.

BRISTOL STOOL FORM SCALE

TYPE 1

Separate hard lumps, like nuts (hard to pass).



TYPE 2

Sausage-shaped but lumpy.



TYPE 3

Like a sausage but with cracks on surface.



TYPE 4

Like a sausage or snake, smooth and soft.



TYPE 5

Soft blobs with clear-cut edges.



TYPE 6

Fluffy pieces with ragged edges, a mushy stool.



TYPE 7

Watery, no solid pieces. Entirely liquid.



CONSTIPATION



DIARRHEA



Talk to your healthcare provider

While it might seem awkward to talk about, telling your doctor which type or types of stool you typically have can help you both create a treatment plan that works for you and your body.

To help get the conversation started, let your doctor know:

1. Which of these constipation symptoms have you experienced?

- Fewer than 3 bowel movements a week
- Straining
- Hard-to-pass bowel movements
- Not feeling empty after a bowel movement
- Abdominal pain
- Other

2. How long have you been trying to manage your symptoms?

- 0-6 months
- 2-4 years
- 6-12 months
- 4+ years
- 1-2 years

3. Which types of stool from the Bristol Stool Form Scale on the left have you most frequently experienced when not taking medication?

- Type 1
- Type 5
- Type 2
- Type 6
- Type 3
- Type 7
- Type 4

Then be sure to ask these simple questions:

1. What consistency should my stool be?
2. How many bowel movements a week should I be having?
3. How can I manage my constipation?

[Click here to see if this IBS-C/CIC prescription medication may be right for you.](#)

Adapted from Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. *Scand J Gastroenterol.* 1997;32:920-924.



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