










Is my child having healthy bowel movements?

Compare your child's bowel movements (stools) with the pictures in this chart.
Healthy bowel movements are soft and easy to pass.

Bristol Stool Chart

<p>Constipation</p>   <p>Diarrhea</p>	Type 1		Separate hard lumps, like nuts (hard to pass)	} Hard and difficult to pass
	Type 2		Sausage-shaped, but lumpy	
	Type 3		Like a sausage, but with cracks on its surface	} Soft and easy to pass
	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	} Loose or watery
	Type 7		Watery, not solid pieces. Entirely liquid.	

Goal:	<ul style="list-style-type: none"> ✓ 1 or 2 soft bowel movements a day. ✓ Bowels are completely emptied. ✓ No pain or straining with bowel movements. ✓ No stool leakage.
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The Bristol Stool Chart was developed by Heaton, K. and Lewis, S. at the University of Bristol in 1997.