











Bristol Stool Scale What do you do see?	Choices to fix it	Healthy daily routines
<p>Type 1 </p> <p>Separate hard lumps which can look like rocks or marbles.</p>	<p>Taking any new medications?</p> <p>Pain medications or iron?</p> <p>Talk with your pharmacist.</p>	<ul style="list-style-type: none"> • Privacy. • Go at the same time every day. • Go when bowel is most active – first thing in the morning and after meals. • Sit up, use small footstool under your feet. • Do not strain.
<p>Type 2 </p> <p>Sausage shaped, but stuck together hard lumps.</p>	<p>Increase fluids, eat fresh vegetables, wheat, bran.</p>	
<p>Type 3 </p> <p>Sausage shaped with some cracks in the surface.</p> <p>Type 4 </p> <p>Sausage shaped, smooth and soft.</p>	<p>This is good. Keep up healthy daily routines.</p>	<p>Drink — 6 to 8 glasses of fluid every day, hot water with lemon. </p>
<p>Type 5 </p> <p>Soft blobs, with clear edges.</p>	<p>Taking any new medications?</p> <p>Antibiotics?</p>	<p>Eat — fresh fruit, raw vegetables, whole grains, bran. </p>
<p>Type 6 </p> <p>Mushy stool, flakes of stool with lots of liquid.</p>	<p>Eat bananas, rice, pasta, oatmeal, apple sauce.</p>	<p>Be active — walking, biking, yoga, swimming. </p>
<p>Type 7 </p> <p>Entirely liquid, watery no solid pieces.</p>	<p>Contact your health care provider.</p> <p>Drink lots of fluids.</p> <p>Eat bananas, rice, pasta, oatmeal, apple sauce.</p>	<p>Avoid Bedpans!</p>

Lewis SJ, Heaton KW, *Scandinavian Journal of Gastroenterology*, 1997; 32(9):920–924. ©1997 Informa Healthcare.