











Bristol Stool Scale – What do you see now?		Healthy daily routine
Type 1 	Separate hard lumps which can look like rocks or marbles. Difficult to push out.	<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>Drink — 6 to 8 glasses of fluid every day, hot water with lemon. </p> <p>Eat — fresh fruit, raw vegetables, whole grains, bran. </p> <p>Be active — walk the halls, walk to the bathroom, sit up for meals. </p> <p>Avoid Bedpans!</p>
Type 2 	Sausage shaped, but stuck together hard lumps. May still be difficult to push out.	
Type 3 	Sausage shaped with some cracks in the surface.	
Type 4 	Sausage shaped, smooth and soft. Easy to pass.	
Type 5 	Soft blobs, with clear edges. Very easy to pass.	
Type 6 	Mushy stool, flakes of stool with lots of liquid.	
Type 7 	Entirely liquid, watery no solid pieces.	



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