

# The Bristol Scale

The Bristol Scale identifies the most common types of stools. Type 1 has spent the longest time in the colon; type 7 the least. The ideal stools are types 3 and 4 – these indicate optimal functioning of the digestive system.



[www.loveyourgut.com](http://www.loveyourgut.com)

1



## Type 1

Separate hard lumps like nuts (difficult to pass)

2



## Type 2

Sausage shaped but lumpy

3



## Type 3

Like a sausage but with cracks on surface

4



## Type 4

Like a sausage or snake, smooth and soft

5



## Type 5

Soft blobs with clear-cut edges (passed easily)

6



## Type 6

Fluffy pieces with ragged edges, a mushy stool

7



## Type 7

Watery, no solid pieces (entirely liquid)