

Bristol Stool Chart

There are seven types of stools according to the Bristol Stool Chart, sometimes referred to as the "Meyers scale. The chart was developed by Dr. Ken Heaton at the University of Bristol and was first published in the *Scandinavian Journal of Gastroenterology* in 1997. The authors of that paper concluded that the form of the stool is a useful surrogate measure of colon transit time. The Bristol Stool Chart or Bristol Stool Scale is a medical aid designed to classify feces into seven groups.

What should my stools look like?

The type of stool or feces depends on the time it spends in the colon. After you pass feces, what you see in the toilet bowl is basically the result of your diet, fluids, medications and lifestyle. The Bristol Stool Chart can give you a glimpse into your digestive health.

The Bristol Stool Chart shows seven categories of stool. Every person will have different bowel habits, but the important thing is that your stools are soft and easy to pass – like types 3 and 4 below.

Type 1–2 Indicate constipation

Type 1 Separate hard lumps, difficult to pass; indicate constipation

Type 2 Sausage shaped but lumpy

Type 3–4 Ideal stools as they are easier to pass

Type 3 Like a sausage but with cracks on its surface

Type 4 Like a sausage or snake, smooth and soft

Type 5–7 Indicate diarrhea and urgency

Type 5 Soft blobs with clear cut edges; passes easily

Type 6 Fluffy pieces with ragged edges, mushy

Type 7 Watery, no solid pieces; very liquid