Stool Log

Bristol stool chart

The 7 stool types, by shape and how firm they are.

Harder



Type 1 · Separate hard lumps

Hard pieces like nuts, each one separate. Often hard to pass.



Type 2 · Lumpy sausage

Sausage-shaped, but made of lumps stuck together.

In between



Type 3 · Sausage with cracks

Sausage-shaped with cracks on the surface.



Type 4 · Smooth, soft sausage

Like a sausage or snake, smooth and soft.



Type 5 · Soft blobs, clear edges

Soft pieces with clear-cut edges. Easy to pass.

Looser



Type 6 · Mushy, ragged pieces

Fluffy, mushy pieces with ragged edges.



Type 7 · Watery, no solid pieces

Entirely liquid, with no solid pieces.

Stools vary from person to person and from day to day. This chart describes shapes; it is not medical advice. Talk to a doctor about any change that worries you.

Scale: Lewis and Heaton, Bristol Royal Infirmary, 1997. · Free chart from stool-log-dbe2a.web.app