















Appendix 1. Stool scales

The Bristol Stool Form Scale (Bristol Stool Chart)

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces, a mushy stool
Type 7		Watery, no solid pieces, entirely liquid

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The Bristol stool form scale for children

THE BRISTOL STOOL FORM SCALE (for children)		
choose your POO!		
type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on cob Like a sausage but with cracks on its surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Fluffy pieces with ragged edges, a mushy stool
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID

Concept by Professor DCA Candy and Emma Davy, based on the Bristol Stool Form Scale produced by Dr KWR Heston, Reader in Medicine at the University of Bristol.
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