The Bristol Stool

Form Scale



Type 1 - Separate hard lumps, like nuts (hard to pass)



Type 2 - Sausage shaped but lumpy



Type 3 - Like a sausage or snake but with cracks on its surface



Type 4 - Like a sausage or snake - smooth and soft



Type 5 - Soft blobs with clear-cut edges



Type 6 - Fluffy pieces with ragged edges - a mushy stool



Type 7 - Watery, no solid pieces





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The Bristol Stool Form Scale was developed by researchers at the University of Bristol as a means to evaluate stool form and to identify whether there is a correlation between stool form and intestinal transit time. ² It remains in use as a simple way for patients and physicians to identify stool form and abnormal bowel behaviour

References

- Heaton KW, et al. How bad are the symptoms and bowel dysfunction of patients with the irritable bowel syndrome? A prospective, controlled study with emphasis on stool form. Gut 1991; 32: 73–79.
- Lewis SJ, Heaton KW. Stool form scale as a useful guide to intestinal transit time. Scand J Gastroenterol 1997; 32: 920–924.

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