

BRISTOL STOOL SCALE

The Bristol Stool Scale was developed in the United Kingdom by a small team of gastroenterologists at the University of Bristol. It is designed to be a representative explanation for stools commonly seen in toilet water. In the different categories, the chart explains the correlation between the stool's physical attributes and the length of time the stool remained in the colon.

This scale is useful to anyone who would like to determine the condition of their colon because it is a generic indicator; it is not an absolute diagnostic tool. It is, however, a good indicator of what action you may need to take. Below are the chart and the analysis for your use at home.

How to Analyze Your Stools:



Type 1: Stools appear in separate, hard lumps, similar to nuts. Type 1 stools remained in the colon the longest amount of time; a sure sign you're constipated; most common stools.



Type 2: Stools are sausage-like in appearance but lumpy. Indicate toxic constipation and need for intestinal cleansing



Type 3 (Normal): Stools come out similar to a sausage but with cracks in the surface.



Type 4 (Normal): Stools are smooth and soft in the form of a sausage or snake.



Type 5: Stools form soft blobs with clear-cut edges, and easily pass through the digestive system. Soft diarrhea, it may indicate a possible risk for bowel disease; also indicate you are toxic and need regular intestinal cleansing.



Type 6: Stools have fluffy pieces with ragged edges. Considered mushy stools, they indicate diarrhea; and that you are toxic and need regular intestinal cleansing.



Type 7: Stool is mostly liquid with no solid pieces. Passed quickly through the colon; is indicative of severe diarrhea possibly as a result of a viral or bacterial infection. See a doctor as soon as possible.

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Dr. Group added the following category which is not an original part of the Bristol Stool Scale.



Type 8: Stool has a mucous-like consistency, with bubbles and a foul odor (sprayed out). This may indicate unsafe amounts of alcohol and/or recreational drugs.

Did You Know?

There are many explanations for bowel irregularity and so it's important to be aware of what changes occur in your bowel, and for how long. Your bowel movement's quality can indicate a number of things including the following:

- **Really Foul** – may mean too high an intake of animal proteins.
- **Rancid, Foul, & Lingering** – means you definitely need to perform a [colon cleansing](#).
- **Mucous Present** – may indicate too much unhealthy foods or personal allergens are ingested.

In general according to the Bristol Stool Scale, the following can be learned:

- Normal bowels pass Types 3 and 4 twice daily
- Constipation is indicative of Types 1 and 2
- Diarrhea is indicative of Types 5, 6 or 7