

The Bristol stool chart, in plain words

Seven types, from hard lumps to liquid. The shapes are rough sketches; the words are what count.

Type	Shape	What it looks like	What it often suggests
1		Separate hard lumps, like nuts; hard to pass	Constipation – slow transit
2		Sausage-shaped but lumpy	Constipation – slower than usual
3		Like a sausage with cracks on the surface	Usually considered normal
4		Smooth and soft, like a sausage or snake	Usually considered normal
5		Soft blobs with clear-cut edges; passed easily	Towards loose
6		Fluffy, mushy pieces with ragged edges	Loose – faster transit
7		Watery, no solid pieces; entirely liquid	Diarrhea – fast transit

Log separately, every time

- Blood: none, streaks, or more
- Urgency: could you wait, or did you have to rush?
- Mucus, if you notice it
- Whether it woke you at night

Get same-day care for

- Black or tarry stool, or a lot of blood
- Severe or worsening belly pain
- Swollen belly, vomiting, no stool or gas
- Fever, or watery diarrhea you can't keep up with by drinking

Scale described by Lewis & Heaton, Scandinavian Journal of Gastroenterology, 1997. Illustrations are original sketches for this sheet.

Educational self-tracking aid, not medical advice. Seek urgent care for severe pain, heavy bleeding, fever or signs of obstruction. Free from crohnsfoodtracker.app/printables Page 1 of 3

Stool log – sheet 1 (start date _____)

Name (optional) _____

One row per bowel movement. Circle the Bristol type. Colour and blood are logged separately because the scale only describes form.

[illegible]

Sheet total: _____ bowel movements · _____ at night · _____ with blood · most common type _____

Stool log – sheet 2 (start date _____)

Name (optional) _____

One row per bowel movement. Circle the Bristol type. Colour and blood are logged separately because the scale only describes form.

[illegible]

Sheet total: _____ bowel movements · _____ at night · _____ with blood · most common type _____