A close-up of a sign

Description automatically generatedA close-up of a sign

Description automatically generatedA group of brown ovals

Description automatically generated  A white background with black border

Description automatically generated A white background with black border

Description automatically generated

Type 1: Separate hard lumps Type 2: Lumpy and sausage like Type 3: A sausage shape with cracks in the surface  
 (Very constipated) (Slightly constipated) (Normal)

A close-up of a snake

Description automatically generatedA group of brown clouds

Description automatically generatedA brown and black dot pattern

Description automatically generated with medium confidence A white background with black border

Description automatically generated A white background with black border

Description automatically generated A white background with black border

Description automatically generated

Type 4: Like a smooth, soft sausage or snake Type 5: Soft blobs with clear-cut edges Type 6: Mushy consistency with ragged edges  
 (Normal) (Lacking fiber) (Inflammation)

A puddle of mud on a white background

Description automatically generated A white background with black border

Description automatically generated

**Bristol stool chart**

Devised by doctors in the Bristol Royal Infirmary, England, and based on the bowel movements of nearly 2,000 people, the Bristol stool chart characterizes the different types of poop.

Types 1 and 2 indicate constipation, types 3 and 4 are healthy stool, while types 5–7 suggest diarrhea and urgency.

Type 7: Liquid consistency with no solid pieces

(Inflammation and diarrhea)

  

 