Bristol Stool Chart – Know your poo and what to do.

**TYPE 1**

Severe constipation: looks like separate small hard lumps, can be hard to pass.

Drink lots more water & increase dietary fibre with fruit and vegetables & go to see your GP if it keeps happening.

**TYPE 2**

Constipation: looks like a lumpy sausage shape, can be hard to pass.

Drink more water & increase dietary fibre with fruit and vegetables.

**TYPE 3**

Healthy: looks like a sausage shape with cracks on the surface.

Healthy diet but drink a little more water. Well done.

**TYPE 4**

Healthy: looks like a smooth sausage shape.

Healthy diet and good water intake. Well done.

**TYPE 5**

Loose: looks like separate soft blobs, easy to pass.

Increase dietary fibre with fruit and vegetables.

**TYPE 6**

Very loose/diarrhoea: looks like mushy soft fluffy, easy to pass.

Diarrhoea could be on its way. Keep your fluids up.

**TYPE 7**

Diarrhoea/Leakage from severe constipation: looks liquid.

Drink water & go to see your GP if it keeps happening.