Figure 1. Bristol Stool Form Scale

Slow gut transit

- Type 1: Separate hard lumps
- Type 2: Sausage-like but lumpy
- Type 3: Sausage-like but with cracks in the surface
- Type 4: 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

Rapid gut transit