



# The Bristol Stool Form Scale

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces ENTIRELY LIQUID

# Instructions on how to complete the bowel chart

1. Fill in the date and time in the first two columns
2. In the column marked Stool type, write down the number from the picture that looks most like the poo your child has done.
3. Write down whether the poo was small (s), medium (m) or large (l)
4. Write down where the poo was passed – this may have been in the toilet or in your child's pants. If it was somewhere different, please write down where this was.
5. If your child passes any blood or mucous with their poo, write this down in the next column
6. If your child says it hurts when they poo, or if you think they are in pain when they are doing a poo, please write this down
7. If your child has been prescribed or is taking any laxatives (medicine to help them poo), write this down in the last column on the page. If they take their laxatives and have not done a poo at the same time, just put the date and time they have taken the laxatives in the first two columns and what they have taken in the last column. Leave the other columns in this row blank.

If you have any questions contact your healthcare professional:

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Telephone number: .....