








Bristol stool chart	
	Type 1 Separate hard lumps, like nuts (hard to pass)
	Type 2 Sausage-shaped, but lumpy
	Type 3 Sausage-shaped, but with cracks on surface
	Type 4 Sausage or snake like, smooth and soft
	Type 5 Soft blobs with clear-cut edges (easy to pass)
	Type 6 Fluffy pieces with ragged edges, mushy
	Type 7 Watery, no solid pieces (entirely liquid)



The Bristol Stool Form Scale is a diagnostic medical tool designed to classify the form of human faeces into seven categories.

The ideal stool is generally type 3 or 4, easy to pass without being too watery. If yours is type 1 or 2, you're probably constipated. Types 5, 6, and 7 tend toward diarrhea.

You do it for your baby and your dog??? Do it for yourself!!

The color of your poop is an indicator of organ function and food absorption.

SHADES OF POOP



Brown:

You're fine. Poop is naturally brown due to the bile produced in your liver.



Green:

Food may be moving through your large intestine too quickly. Or you could have eaten lots of green leafy veggies, or green food coloring.



Yellow:

Greasy, foul-smelling yellow poop indicates excess fat, which could be due to a malabsorption disorder like celiac disease.



Black:

It could mean that you're bleeding internally due to ulcer or cancer. Some vitamins containing iron or bismuth subsalicylate could cause black poop too. Pay attention if it's stinky, and see a doc if you're worried.



Light-colored, white, or clay-colored:

If it's not what you're normally seeing. It could mean a bile duct obstruction. Some meds could cause this too. See a doc.



Blood-stained or Red:

Blood in your poop could be a symptom of cancer. Always see a doc right away if you find blood in your stool.