

**Bristol Stool Chart / Bowel Movement Record**

Name: ………………………………………................. NHS Number: ................................................................ Date Commenced: ………/………/………

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| **Date** | **Time** | **Comments**  **i.e. blood, mucous** S – small  M – medium L – large | **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 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) | **Staff Initials** |
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Adapted from the Bristol Stool Scale developed by KW Heaton and SJ Lewis at the University of Bristol, 1997