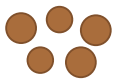
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Poo consistency guide for children

A simple Bristol stool-type chart to help families describe what they are seeing.

One stool does not diagnose a condition - the pattern over time is more useful.

Type 1



Separate hard lumps

Hard to pass

Type 2



Sausage-shaped but lumpy

Firm and often difficult

Type 3



Sausage with cracks

Formed, a little firm

Type 4



Smooth, soft sausage / snake

Soft and formed

Type 5



Soft blobs with clear edges

Soft, passes easily

Type 6



Fluffy / mushy pieces

Loose

Type 7



Watery, no solid pieces

Entirely liquid

A useful shorthand

Types 1-2 are harder; types 3-4 are formed and soft; types 5-7 become progressively looser.



Your feedback is welcome

If you would like to leave a Google review about your experience, scan the QR code.

Please avoid including your child's name or private health information in a public review.

General information only. Use alongside your child's individual assessment and treatment plan.