How do I know what’s normal?

Have a look at our quick reference charts below

### Healthy bowel
- Daily soft brown stool, a number four on the Bristol stool chart
- Smooth and shaped like a sausage
- No straining required
- No pain on passing a stool
- No bleeding
- No leakage or incontinence of stools

### Bristol Stool Chart!
- **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 the surface
- **Type 4:** Like a sausage or snake 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. Entirely liquid

### Unhealthy bowel
- ✗ Passing a stool 3 times a week or less
- ✗ Hard stools that are difficult to pass
- ✗ Having to strain to pass a stool
- ✗ Feeling of incomplete emptying of the bowel
- ✗ Passing blood from the bowel
- ✗ Pain on passing a stool
- ✗ No control over passing a stool - incontinence
- ✗ Very loose or watery stools
- ✗ Change from your usual bowel habit

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