








# 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