## **What's Your Number?**

See if your bowel is healthy by checking the chart. Adults should aim for #3 or #4.



Watery, no solid pieces, entirely liquid



Separate hard lumps, like pellets (hard to pass)



Fluffy pieces with ragged edges, a mushy stool

## **BRISTOL** STOOL CHART

**For Adults** 



**MILD CONSTIPATION** 

Log shaped but lumpy



Soft blobs with clear-cut edges



Like a log or snake, soft and smooth



Like a log but with cracks on the surface



If you are not seeing 3 or 4 when you flush, give us a call and we can talk about your bowel health.

