## FOR HEALTHCARE PROFESSIONAL USE ONLY

## Bristol stool chart

Baby's stool is a conversation parents frequently have with healthcare professionals, with questions about why their baby's stool looks the way it does, to whether their baby is constipated.

This chart is a general guide, designed to help better determine the stool consistency during your conversations with parents.

Type 1 and 2 indicate constipation

Type 3 and 4 are easiest to pass

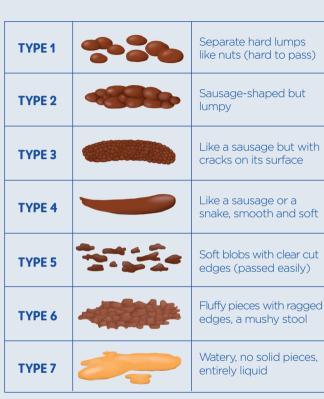
Type 5 and 6 may indicate diarrhoea

Type 7 may be a sign of illness

The consistency of stool depends on how long it has spent in the colon and therefore how much liquid is absorbed.

Stool forms on this chart and indication of constipation may not apply to exclusively breastfed babies after 6 weeks of age (NICE, 2010).







Adapted from the Bristol stool scale (Lewis and Heaton 1997)

Reference: 1. Lewis SJ, Heaton KW (1997) Stool form scale as a useful guide to intestinal transit time. Scandinavian Journal of Gastroenterology 32: 920-4. 2. NICE (2010). Constipation in children and young people. Diagnosis and management. Clinical guideline (CG99). Available at https://www.nice.org.uk/guidance/cg99. Accessed September 2021.

