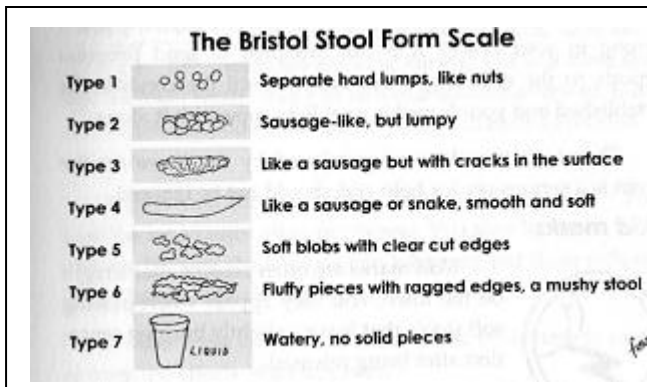


## THE BRISTOL STOOLS CHART

To help identify how your digestive system works, and whether it gets rid of wastes efficiently, the official Bristol Stool Form Scale divides stools into seven distinct types in terms of size, shape and colour.



- Dry with hard lumps or clumps: CONSTIPATION
- Like lumpy sausage: CONSTIPATION
- Like sausage with surface cracks: HEALTHY, VERY SLIGHTLY DEHYDRATED
- Long smooth surface. Normal, good colour, quick exit, and easy to clean: HEALTHY
- In blobs with well defined margins: HEALTHY
- Fluffy with ragged edges: BORDERING ON DIARRHOEA
- Watery with no solids: DIARRHOEA

The size and shape of eliminations/stools indicates the transit time through the digestive tract. The colour can tell you how good your digestion is and alert you to other changes concerning your wellness.

To check your transit time, eat some beetroot and record the date and time of eating and then see how long it takes for your stools to become crimson red in colour. Alternatively take some charcoal tablets and check how long it takes for your stools to darken up.

In a healthy bowel transit time should be between 18 – 36 hours from the moment food is eaten to the moment the waste is eliminated. In the UK, the average time is between 54 and 72 hours!

**If you eat a reasonably varied diet with enough fibre, your stool should come out as a golden brown sausage, up to 200g in weight, a floater that leaves no skid marks and sinks fast. It should be almost smell free!**