THE BRISTOL STOOL FORM SCALE (for children)

choose your POO!

type 1		looks like: **rabbit droppings** Separate hard lumps, like nuts (hard to pass)
type 2		looks like: **bunch of grapes** Sausage-shaped but lumpy
type 3		looks like: **corn on cob** Like a sausage but with cracks on its surface
type 4		looks like: **sausage** Like a sausage or snake, smooth and soft
type 5		looks like: **chicken nuggets** Soft blobs with clear-cut edges (passed easily)
type 6		looks like: **porridge** Fluffy pieces with ragged edges, a mushy stool
type 7		looks like: **gravy** Watery, no solid pieces ENTIRELY LIQUID

Concept by Professor DGA Candy and Emma Davey, based on the Bristol Stool Form Scale produced by Dr KW Heaton, Reader in Medicine at the University of Bristol.

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macrogol 3350, sodium bicarbonate, sodium chloride, potassium chloride