








THE BRISTOL STOOL CHART

The Bristol Stool Form Scale or Bristol Stool Chart is a medical tool designed to classify the consistency of human stool into seven different categories. It was developed by Dr. Ken Heston at the University of Bristol and was first published in 1997.

Monitoring the consistency of stool is a way of measuring how long it takes for food to pass through the body. It can be used before treatment to point doctors in the direction of a diagnosis for a digestive health issue, as well as during treatment to evaluate success.

Type 1		Separate hard lumps, like nuts, which are hard to pass.
Type 2		Sausage-shaped but lumpy.
Type 3		Like a sausage, but with cracks in the surface.
Type 4		Like a sausage, smooth and soft.
Type 5		Soft blobs with clear cut edges.
Type 6		Fluffy pieces with ragged edges, a mushy stool.
Type 7		Watery with no solid pieces. Entirely liquid.

At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

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