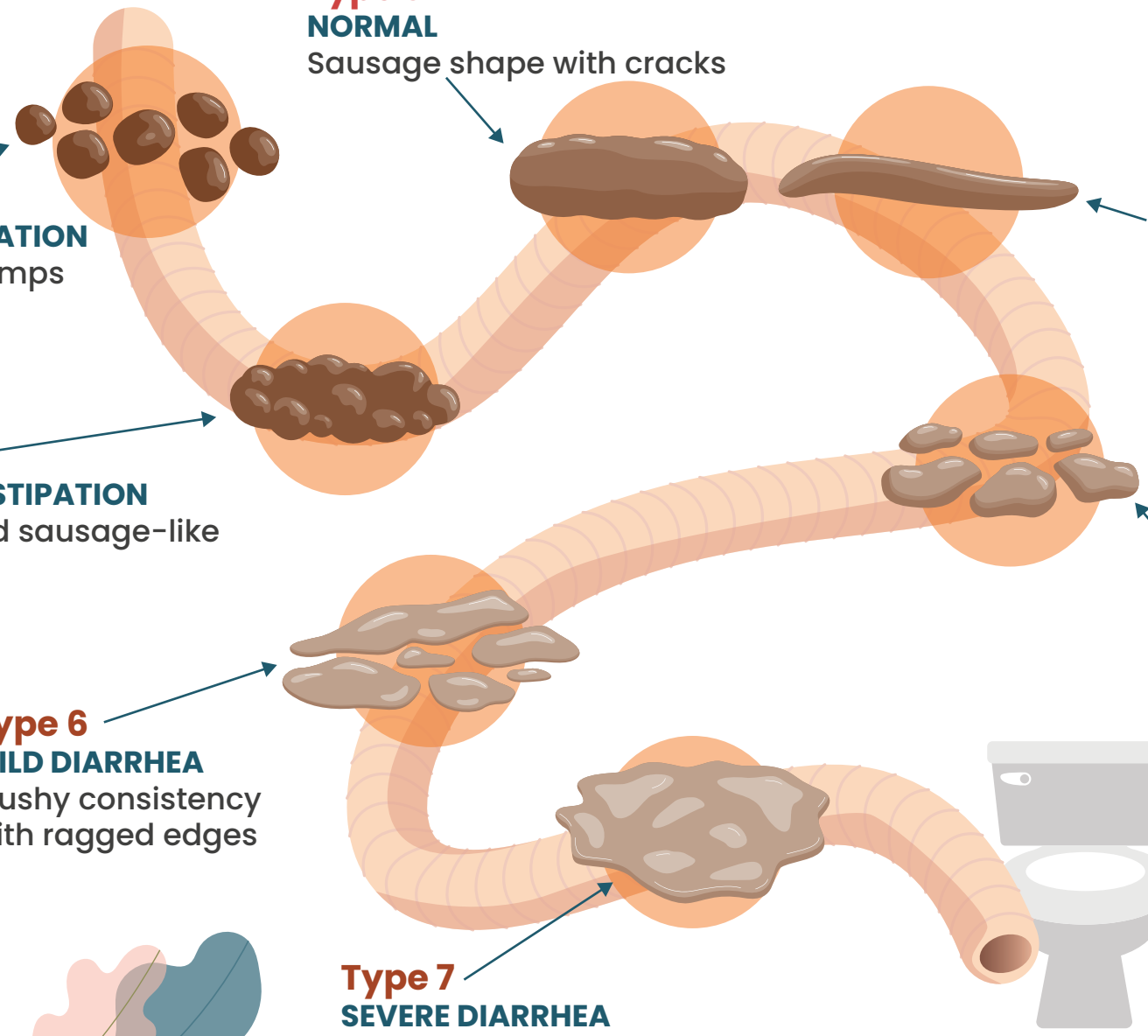
Bristol Stool Chart



Type 1
SEVERE CONSTIPATION
Seperate hard lumps

Type 2
MILD CONSTIPATION
Lumpy and sausage-like

Type 3
NORMAL
Sausage shape with cracks

Type 4
NORMAL
Like a smooth soft sausage or snake

Type 5
LACKING FIBRE
Soft blobs with clear-cut edges

Type 6
MILD DIARRHEA
Mushy consistency with ragged edges

Type 7
SEVERE DIARRHEA
Liquid consistency with no solid pieces

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