REFERENCE CARD · KEEP IT WITH YOUR LOG

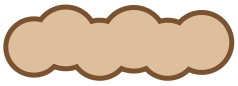
Stool Form and Colour Guide

Match what you see to a number from 1 to 7. Every tracker in this set uses the same numbers, so one glance is enough.



SHEET 01

THE SEVEN STOOL FORMS (BRISTOL SCALE TYPES 1 TO 7)

1		**Separate hard lumps** Like nuts. Hard to pass.	HARD
2		**Lumpy sausage** Sausage-shaped but lumpy.	HARD
3		**Cracked sausage** A sausage with cracks on the surface.	COMFORTABLE
4		**Smooth and soft** Like a smooth, soft sausage or snake.	COMFORTABLE
5		**Soft blobs** Soft pieces with clear-cut edges. Easy to pass.	LOOSE
6		**Mushy** Fluffy pieces with ragged edges.	LOOSE
7		**Watery** No solid pieces. Entirely liquid.	LOOSE

Types 3 and 4 are the easiest to pass. A single odd day means little; the pattern over two to four weeks is what your doctor will ask about.

Colour

Brown
The usual range, light to dark.

Green
Often leafy vegetables, food colouring, iron, or food passing quickly.

Pale or clay
If it lasts more than a day or two, see your doctor.

Yellow, greasy, floating
If it keeps happening, mention it to your doctor.

Red
Beetroot can do this. Otherwise treat it as blood and get medical advice.

Black and tarry
Iron and bismuth can darken stool, but black, sticky stool needs urgent advice.

What to write in the log

Time
Write the clock time. Timing after meals is one of the most useful clues.

Urgency
0 no hurry · 1 soon · 2 had to hurry · 3 could not wait

Straining
0 none · 1 a little · 2 a lot · 3 could not pass it

Emptied
Did it feel complete? Y or N

Pain
0 none · 1 mild · 2 moderate · 3 severe. Note if going eased it.

Blood or mucus
Tick it and tell your doctor. Do not wait for the tracker to finish.

! **See a doctor before relying on a tracker** if you have blood in the stool or black, tarry stool, unexplained weight loss, symptoms that wake you at night, persistent vomiting, trouble swallowing, fever with pain, or a new and lasting change in bowel habit. Heavy bleeding, collapse or sudden severe pain is an emergency.