Using the Stool Chart please define the consistency of your stool sample provided to us.

**Stool Type (Choose one response that best matches your sample provided)**

\_1. Type 1 *Separate hard lumps, like nuts (hard to pass)*

\_2. Type 2 *Sausage shaped but lumpy*

\_3. Type 3 *Like a sausage but with cracks on the surface*

\_4. Type 4 *Like a sausage or snake, smooth and soft*

\_5. Type 5 *Soft blobs with clear-cut edges*

\_6. Type 6 *Fluffy pieces with ragged edges, a mushy stool*

\_7. Type 7 *Watery, no solid pieces, entirely liquid*



*Figure 1. Bristol Stool chart.*

Reference

Department of Twin Research & Genetic Epidemiology, King's College London, UK. (n.d.). Twin research for a healthy future. Retrieved September 04, 2020, from https://twinsuk.ac.uk/

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