










Poop Chart

Poop is not just something to be tossed away. In fact poop has been used as a diagnostic tool for centuries. In this video Dr. Oz talks how your poop looks and what it may tell you. You may want to take a look in the bowl before you flush.

<http://www.doctoroz.com/videos/poop-primer>

Bristol Stool Chart	
Type 1	 Separate hard lumps, like nuts (hard to pass)
Type 2	 Sausage-shaped but lumpy
Type 3	 Like a sausage but with cracks on its surface
Type 4	 Like a sausage or snake, smooth and soft
Type 5	 Soft blobs with clear-cut edges (passed easily)
Type 6	 Fluffy pieces with ragged edges, a mushy stool
Type 7	 Watery, no solid pieces. Entirely Liquid

Types 1–2 indicate [constipation](#), with 3 and 4 being the ideal stools (especially the latter), as they are easy to [defecate](#) while not containing any excess liquid, and 5, 6 and 7 tending towards [diarrhea](#).