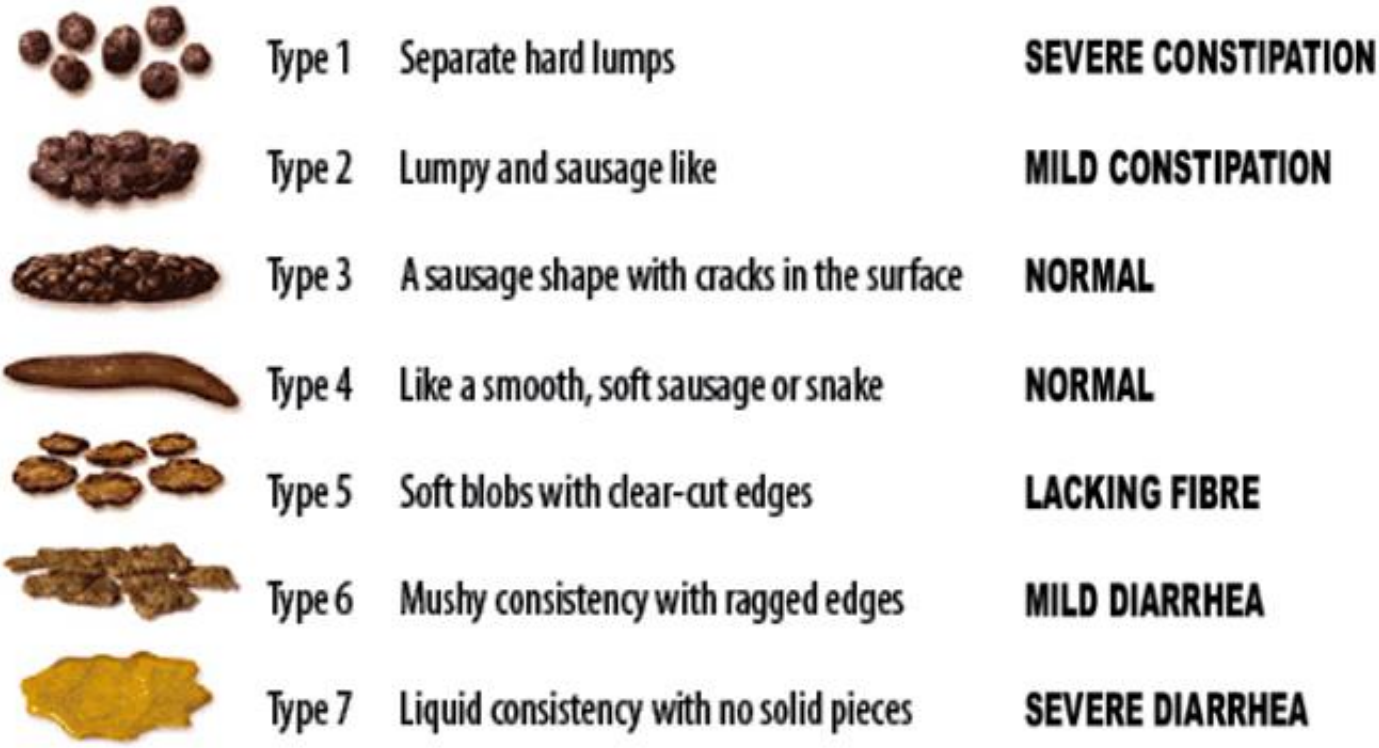
Bristol stool chart[1]

Our stool tells a lot about how the digestion is working inside the body. The ideal bowel movement would happen daily, in a formed shape between type 3/4. Stool that is too dry or loose are often associated with digestive complaints such as feeling bloated with or without food and food intolerances. Other things to look out for when analysing stool is whether the stool is sticky and require brushing the toilet after evacuation, any undigested food in stool and the frequency of bowel movement.



[1] SOURCES:

Scandinavian Journal of Gastroenterology/University of Bristol: "Bristol Stool Scale."