

Stool tracker

A stool tracker is a tool that helps you and your practitioner better understand how your gut-transit time and stool consistency may be related to your health status and any symptoms you may be experiencing.



Gut-transit time refers to the amount of time it takes for the food you consume to be digested and eliminated as stool.



Stool consistency refers to the shape and consistency of your stool after it has been eliminated.

Both gut-transit time and stool consistency can be used to help you and your practitioner make decisions about your health.

The Bristol stool chart can be used as a guide to help you track your gut-transit time and stool consistency.










The Bristol stool chart

The Bristol stool form scale, commonly referred to as the Bristol stool chart, was developed as a tool to help determine gut-transit time and may also be used as a measure of stool consistency in clinical and research settings.

Stool types one and two generally indicate constipation, whereas types six and seven may indicate diarrhea. Your practitioner can help you determine what your stool tracker results mean.

Bristol stool form scale

	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, passes easily
	TYPE 6	Fluffy pieces with ragged edges, a mushy stool
	TYPE 7	Water, no solid pieces, entirely liquid

*Modified from the Bristol Stool Form Scale developed by Dr K.W. Heaton.

✂ Cut me out and keep me in the bathroom

Stool tracker

Using the Bristol stool form scale as a guide, use the stool tracker chart to mark down each time you have a bowel movement, what type of stool you experienced according to the Bristol stool chart, and any other observations.

Date	Time	Type							Other observations
		1	2	3	4	5	6	7	
Jan 1, 2022	8:00 a.m.			✓					e.g., bloating, undigested food in stool, pain

✂ Cut me out and keep me in the bathroom



References

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2. Lee, Y. Y., Erdogan, A., & Rao, S. S. C. (2014). How to assess regional and whole gut transit time with wireless motility capsule. *Journal of Neurogastroenterology and Motility*, 20(2), 265–270.
3. Lewis, S. J., & Heaton, K. W. (1997). Stool form scale as a useful guide to intestinal transit time. *Scandinavian Journal of Gastroenterology*, 32(9), 920–924.
4. Vork, L., Wilms, E., Penders, J., & Jonkers, D. M. A. E. (2019). Stool consistency: Looking beyond the bristol stool form scale. *Journal of Neurogastroenterology and Motility*, 25(4), 625.

*The statements in this handout have not been evaluated by any Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

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