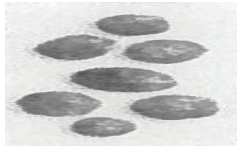


# Bowel Movement Chart

## What should it look like?

### Constipation

- Type 1 Separate hard lumps, like nuts



- Type 2 Sausage-like but lumpy



### "Ideal Stool"

- Type 3 Like a sausage but with cracks in the surface



- Type 4 Like a sausage or snake, smooth and soft



### Diarrhea

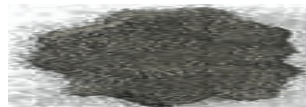
- Type 5 Soft blobs with clear-cut edges



- Type 6 Fluffy pieces with ragged edges, a mushy stool



- Type 7 Watery, no solid pieces



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