

Get to know your stool



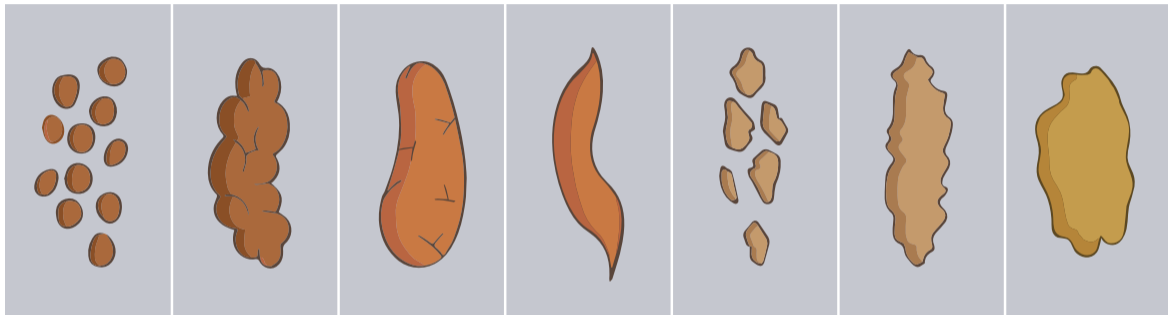
Your stool can be a reflection of your diet, fluid intake, medication use or lifestyle. Your stool type can also be related to your microbiome.

Please use this Bristol Stool Chart overleaf to **rate the stool** used for your Microba *Insight*[™] sample collection. Ensure you make a note of the **type number** as you will be asked to report this when completing the **Day of Sampling Questionnaire**.

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Bristol Stool Chart

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Type 1

Separate
hard lumps
like nuts
(hard to pass)

Type 2

Sausage shape
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