




AI-03114 Stool Hardness Index

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Is there a stool category in terms of hardness?

Yes—stool hardness is categorized using the Bristol Stool Scale, which classifies stool types from hard to soft across seven categories.

The Bristol Stool Scale is a widely used medical tool that helps describe and assess stool consistency, which reflects digestive health and transit time. Here's how it breaks down:

Stool Hardness Categories (Bristol Stool Scale)

Type	Description	Hardness Level	Interpretation
Type 1	Separate hard lumps, like nuts	Very hard	Severe constipation
Type 2	Sausage-shaped but lumpy	Hard	Mild constipation
Type 3	Sausage with cracks on surface	Slightly firm	Normal
Type 4	Smooth, soft sausage or snake	Soft	Normal
Type 5	Soft blobs with clear edges	Very soft	Borderline loose
Type 6	Fluffy pieces with ragged edges	Mushy	Mild diarrhea
Type 7	Watery, no solid pieces	Liquid	Severe diarrhea

Sources: medicalne... +2

What It Tells You

- Hard stools (Types 1–2) suggest slow transit and dehydration or low fiber intake.
 - Ideal stools (Types 3–4) are easy to pass and indicate healthy digestion.
 - Loose stools (Types 6–7) point to rapid transit, possible infection, or irritation.

Tips to Improve Stool Consistency

- Increase fiber: Whole grains, fruits, vegetables
 - Stay hydrated: Water helps soften stool
 - Exercise regularly: Promotes bowel movement
 - Adjust posture: Squatting or footstools can help ease passage

If you're tracking stool types for health protocols or mentoring, I can help you build a visual chart or integrate it into your legacy documentation. Want to formalize this into a protocol or sensory anchor for your archive?