








Constipation and Bowel Obstruction Resource Page

1. What is Constipation Video: <https://www.youtube.com/watch?v=Dshe5FegFbs>
2. Bowel Obstruction Video: <https://www.youtube.com/watch?v=sBm12CkNtAo>
3. Bristol Stool Chart:

Bristol stool chart *WebMD*

TYPE 1		Separate hard lumps, like nuts (hard to pass)
TYPE 2		Sausage-shaped, but lumpy
TYPE 3		Sausage-shaped, but with cracks on surface
TYPE 4		Sausage- or snake-like, smooth and soft
TYPE 5		Soft blobs with clear-cut edges (easy to pass)
TYPE 6		Fluffy pieces with ragged edges, mushy
TYPE 7		Watery, no solid pieces (entirely liquid)