POO DETECTIVES ACADEMY

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The Bristol Poo Chart

A guide to what your poo might be telling you!

Different shapes, sizes and textures can be clues to your gut health.

1



Separate hard lumps.

Looks like nuts or pellets.

May mean you're constipated. Drink more water, eat fibre and move your body.

2



Lumpy sausage.

Lumpy and sausage-shaped.

Still a sign of constipation. Try more fibre, fluids and exercise.

3



Sausage with cracks.

Like a sausage with cracks on the surface.

Usually normal. Keep doing what you're doing!

4



Smooth sausage or snake.

Smooth, soft and easy to pass.

Often a sign of a healthy bowel movement.

5

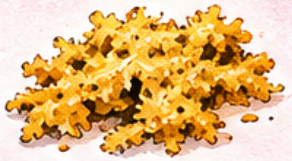


Soft blobs with clear edges.

Soft blobs with defined edges.

May mean your gut is moving a bit quickly. Keep an eye on it. Eat nourishing foods and stay hydrated.

6



Fluffy pieces with ragged edges.

Mushy with ragged edges.

Can mean mild diarrhoea. Check what you've eaten. If it continues, seek advice.

7



Watery.

No solid pieces. Just liquid.

Can mean diarrhoea. Stay hydrated, rest and seek advice if it lasts more than a day or two.



Remember...

- ✓ Look at the shape.
- ✓ Notice the texture.
- ✓ Think about how often you go.
- ✓ Consider how it feels (comfort or discomfort).
- ✓ If you're worried, seek professional advice.

