

# KNOW YOUR POO!

## Bristol Stool Chart



1



**Separate hard lumps, like nuts (hard to pass)**

Ouch! Tell someone straight away!



2



**Sausage-shaped but lumpy**

Exercising, drinking plenty, eating veggies? Not holding your poos in?



3



**Like a sausage but with cracks on the surface**

Doing well !



4



**Like a sausage or snake, smooth & soft.**

Woohoo! These are the 'Best Poos Ever.'



5



**Soft blobs with clear-cut edges**

Uh-oh, you might need some help if this continues...



6



**Fluffy pieces with ragged edges, a mushy stool**

Not good, best to get Mum or Dad.



7



**Watery, no solid pieces. Entirely Liquid**

Your poo is like wee! Need to get checked.

