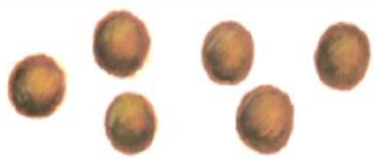


# Bristol Stool Chart – Know your poo and what to do.

**TYPE 1**

Severe constipation: looks like separate small hard lumps, can be hard to pass




Drink lots more water & increase dietary fibre with fruit and vegetables & go to see your GP if it keeps happening.



**TYPE 2**

Constipation: looks like a lumpy sausage shape, can be hard to pass.




Drink more water & increase dietary fibre with fruit and vegetables.



**TYPE 3 ✓**

Healthy: looks like a sausage shape with cracks on the surface.




Healthy diet but drink a little more water. Well done.



**TYPE 4 ✓**

Healthy: looks like a smooth sausage shape.




Healthy diet and good water intake. Well done.



**TYPE 5**

Loose: looks like separate soft blobs, easy to pass.

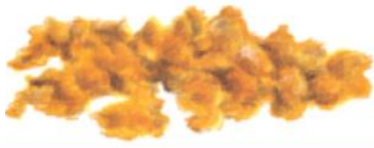


Increase dietary fibre with fruit and vegetables.



**TYPE 6**

Very loose/diarrhoea: looks like mushy soft fluffy, easy to pass.




Diarrhoea could be on its way. Keep your fluids up.



**TYPE 7**

Diarrhoea/Leakage from severe constipation: looks liquid.



Drink water & go to see your GP if it keeps happening.

