

review YOUR poo

Do you Know Your Normal?

Our poos or bowel movements are not something we like to talk about or study, but a few minutes every day could save your life. There is one important thing you need to know and watch for in bowel movements: **CHANGE!**

To understand change you need to **KNOW YOUR NORMAL.**

Frequency – What is your normal? Do you poo every day, every second day, twice a day? Use the chart included here to record your daily poos for one month to establish your normal.

Texture – What is your normal? Is the shape and consistency of your poo like a sausage, separate hard lumps or soft blobs? Check out the images from the Bristol poo chart.

Colour – What is your normal? If it's brown coming down there's no need to frown. Changes in colour such as red (blood in the poo) or grey or black? Make a time to visit your doctor. It could save your life.



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Knowing your normal takes time!

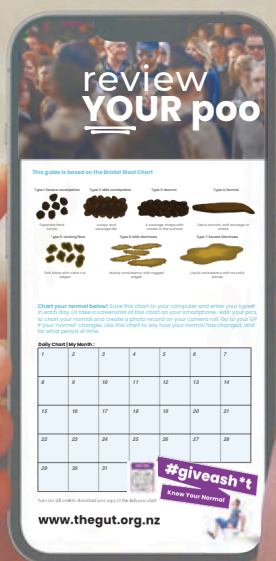
Normal is not always exactly the same every day and for each person.

Some people may have 1–3 bowel movements per day and vary between soft and formed. This might be your normal and that variability would be seen as alright. Others may poo every morning before breakfast. Your normal is unique. Knowing your normal can save thousands of lives a year!



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Know Your Normal

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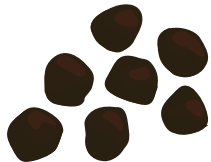
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This guide is based on the Bristol Stool Chart

Type 1: Severe constipation



Separate hard lumps

Type 2: Mild constipation



Lumpy and sausage like

Type 3: Normal



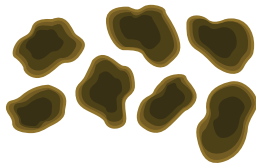
A sausage shape with
cracks in the surface

Type 4: Normal



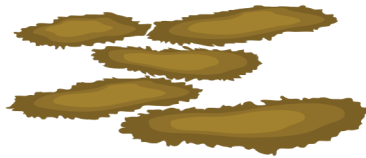
Like a smooth, soft sausage or snake

Type 5: Lacking fibre



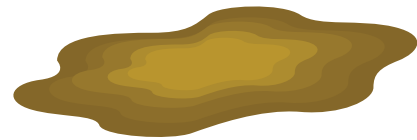
Soft blobs with clear-cut edges

Type 6: Mild diarrhoea



Mushy consistency with ragged edges

Type 7: Severe diarrhoea



Liquid consistency with no solid
pieces

Chart your normal below! Save this chart to your computer and enter your type# in each day. Or take a screenshot of this chart on your smartphone, and edit to track your normal via a photo record on your camera roll. Go to your GP if your 'normal' changes. Use this chart to say how your normal has changed, and for what period of time.

Daily chart | My month :

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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