

review YOUR poo

Do You Know Your Normal?

Our Pooos 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 and Change What is your Normal? Do you Poo every day, every second day, twice a day? Use the chart included here to record your daily pooos for a month to establish your normal.

Texture and Change What is your normal? Is the shape and consistency of your poo like a sausage, separate hard lumps, soft blobs, lumpy and sausage like? Check out the images taken from the Bristol poo chart above the chart you will complete.

Colour and Change What is your Normal? If it's Brown coming down there is no need to Frown. Changes in colour such as red (Blood in the Poo) or Black or Grey make a time to visit your doctor. It could save your life.



Knowing your normal takes time!

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

For some people you may have between 1-3 Bowel Movements per day and vary between soft and formed - this would be your normal and that variability would be seen as alright.

For someone else they may Poo every morning before breakfast same same! – Its Your unique Normal.

Knowing your normal can save 1000's of lives a year!

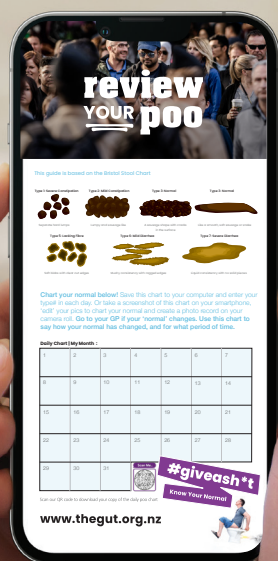
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Know Your Normal



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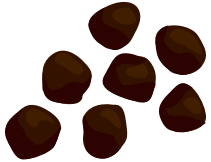
review YOUR poo

Scan to take
a Gut Check



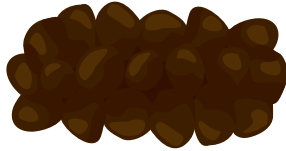
This guide is based on the Bristol Stool Chart

Type 1: Severe Constipation



Separate hard lumps

Type 2: Mild Constipation



Lumpy and sausage like

Type 3: Normal



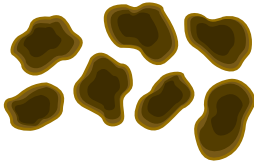
A sausage shape with cracks in the surface

Type 4: Normal



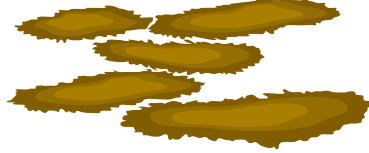
Like a smooth, soft sausage or snake

Type 5: Lacking Fibre



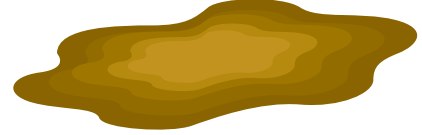
Soft blobs with clear cut edges

Type 6: Mild Diarrhea



Mushy consistency with ragged edges

Type 7: Severe Diarrhea



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, 'edit' your pics to chart your normal and create 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	<div data-bbox="676 1850 852 1899" data-label="Text"> <p>Scan Me..</p> </div> <div data-bbox="676 1899 852 2076" data-label="Image"> </div>			

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Scan our QR code to download your copy of the daily poo chart