

# GUT Health!

## 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.**



## BE SAFE and HEALTHY

### Bowel Cancer is a huge killer in New Zealand

Symptoms are difficult to recognise but there are 3 key symptoms:

- Bleeding from your Butt
- Change in in Poo habits
- Abdominal /stomach pain or discomfort

Today and everyday in New Zealand 9 NZs find out they have Bowel cancer and 3 of those will die – Don't let it be you.



**3/9 Change these numbers!**

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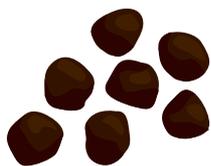
## Review your Poo!

### Your POO Guide

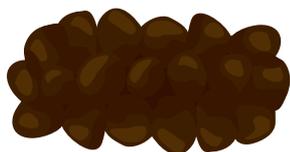
# CHECK!

Knowing your normal could save 1000 lives every year!

This guide is based on the Bristol Poop Chart



**Type 1:** Separate hard lumps



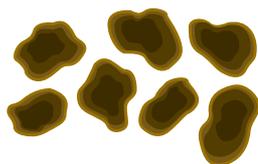
**Type 2:** Lumpy and sausage like



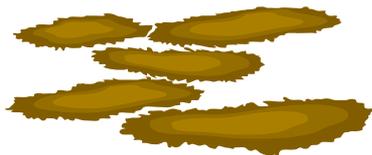
**Type 3:** A sausage shape with cracks in the surface



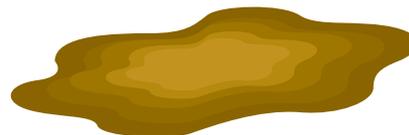
**Type 4:** Like a smooth, soft sausage or snake



**Type 5:** Soft blobs with clear cut edges



**Type 6:** Mushy consistency with ragged edges



**Type 7:** Liquid consistency with no solid pieces

### Chart your normal below!

Day	Frequency	Texture	Colour	
1				<p>A diet containing appropriate amounts of fibre-containing foods, plenty of water to drink and good exercise patterns help to keep the bowel working well.</p> <p>Check when you go to the loo, what does your poo look like? Separate hard lumps like picture one for example and you might try drinking more water and eating more fiber as this can indicate you are constipated</p> <p>Pictures 3 and 4 are considered ideal</p> <p>If your poo is less than ideal work on your diet, in the end what comes out your back end is generally the result of what you put in your front end.</p> <p><b>Review your Poo NOW YOU KNOW YOUR NORMAL!</b></p> 
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